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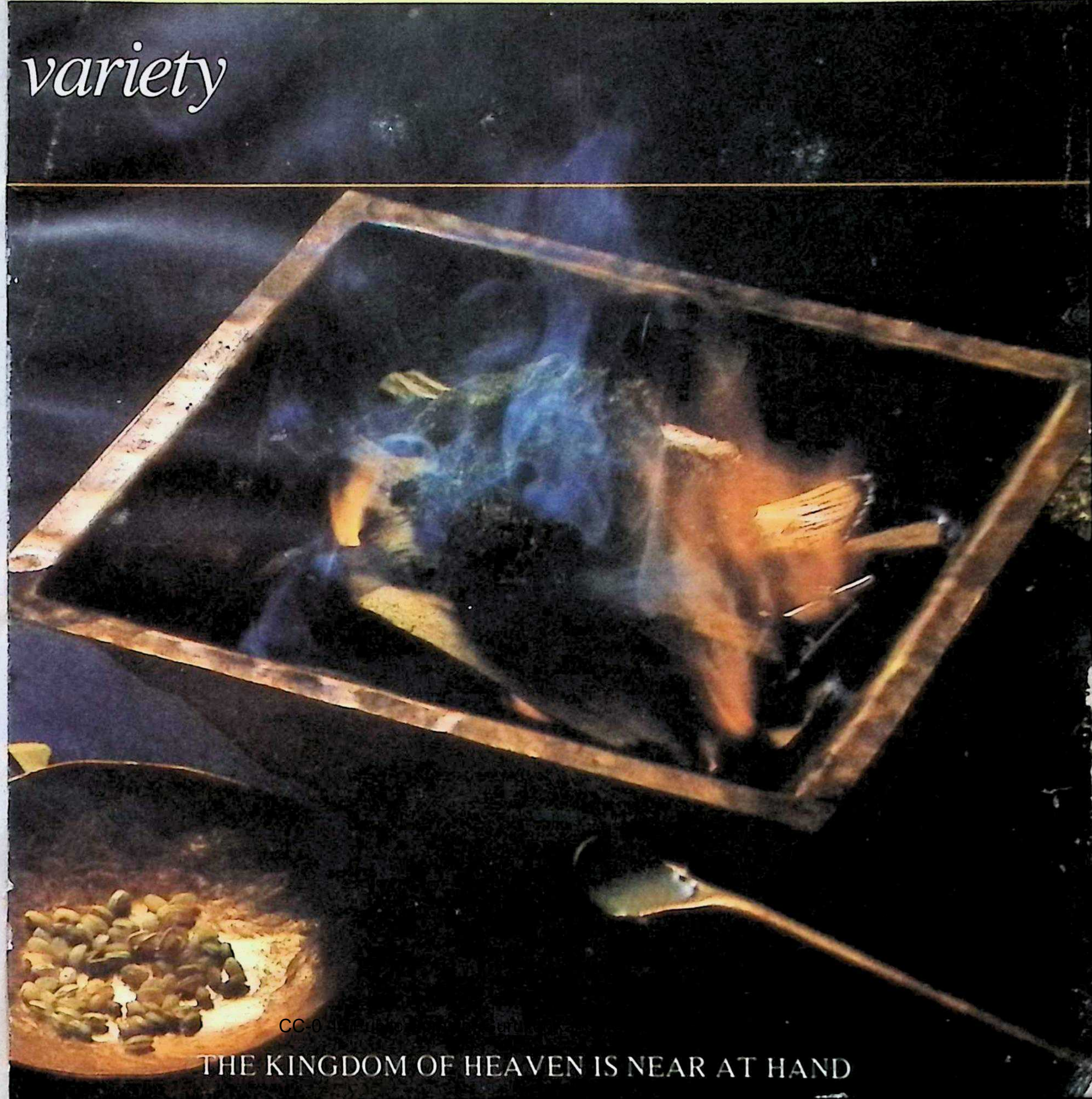

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THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya Satsang

JUNE 1985 NEW ERA 42 Vol. VI, No. 1

We are travelling in this Jet Age and we are moving faster and with more vigour as these are our LAST DAYS.

We are running a race against time. Now so many disasters will take place. In India alone next three months will take their toll of human lives through natural disasters.

We are moving throughout the world at such great speed. So much has been done.

Do you see what superstitious religious dogma has got to be knocked out in India? Everywhere you find that same attitude that Hindus only know the Word of God. Of course then there are many gods. Then they feel they are the ones to whom knowledge was bestowed. HOWEVER, VEDAS ARE NOT HINDU. As a matter of fact with all the egoful of knowledge Hindus cannot be further from Truth. So in India we have to go carrying a big stick.

We come from the West with the teachings of Fivefold Path as given in Vedas. YAJNYA IS ANCIENT VEDIC SCIENCE. IT IS NOT WORSHIP. It is not AFFILIATED WITH ANY SECT, RELIGIOIN, RACE, CREED OR DENOMINATION. AGNIHOTRA goes all over the world to all people high or low.

AGNIHOTRA copper pyramid fire tuned to the biorhythm of Sunrise/Sunset is the basic YAJNYA. It is the Science of YAJNYA which will take the world out of polluted conditions wherein apparantly certain irreversible stage is reached. Western Scientists will carry AGNIHOTRA and the Fivefold Path of Vedas to all corners of the Globe.

(From VASANT'S talks in Bombay, June 1985)

NATURAL DISASTERS : WHO IS TO BLAME?

Noni Ford
USA

An article in the New York Times (November 17, 1984) reported findings of a study entitled "Natural Disasters : Acts of God or Acts of Man." The report, written jointly by Anders Witkman of the *Swedish Red Cross* and Lloyd Timberlake of *Earthscan* (a United Nations financed information services), listed four essential findings :

- Many disasters attributed to nature, such as floods and droughts, are actually caused or made worse by human activity
- Traditional disaster relief is often useless or counter-productive.
- Natural disasters kill more people in poorer countries than in developed nations, and that poor people in any country are more likely to be killed by disasters than the rich.
- There is a sharp increase in recent decades in deaths from droughts, floods, storms, earthquakes and other natural phenomena.

Data on which the report is based suggested that the average number of disasters each year worldwide was 56 in the 1960s. This average number increased to 81 in the 1970s. Also, six times as many people died in disasters in the 1970s as in the 1960s. Analysis of this data focused on explanations for such increases in disasters and increases in the loss of lives. The research attempted to explain increases in terms of changes in climate, geological processes, the need for better reporting techniques and other factors. The report concluded, however, that the answers will be found after closer examination of human activity.

The report said that

> "trigger events, such as heavy rains, lack of rain, tidal waves and earthquakes often touch off disasters because conditions have been created for such disasters by human activity."

- "The famine in Ethiopia, and a developing famine in the Sahel countries south of the Sahara, is caused not by the lack of rain that triggered it but by agricultural practices and deforestation that produced soil crosion. . . ."
- "Another example cited is the case of floods in Bangladesh which were caused by deforestation of the Himalayas hundreds of miles away by overcrowding in what is essentially a narrow flood plain."

Natural disasters : who is to blame? THE STUDY SAYS MAN, NOT NATURE, IS TO BLAME. It does not take a study, however, to prove the need for man to find ways to restore the ecological balance. Even a cursory glance around us reflects the glaring need to adopt life-supporting rather than life-destroying practices. The layer of useful atmosphere surrounding the Earths is very thin. Air pollution, water pollution, noise pollution, disturbance to marine biology, effect of radiation on human physiology, indiscriminate cutting of forests for raw materials, indiscriminate probings into the bowels of the earth for raw materials to feed the industrial complex, indiscriminate use of pesticides, insecticides, chemical fertilizers, deodorants, all adversely affect the atmosphere.

Regardless of who is to blame, it is up to everyone to address and reverse the conditions which cause natural disasters. Man's long-time battle with nature is nearly over and man is losing. The battle is literally World War, III, for there is no country and no race of people that are exempt. Now is the time for us to take responsibility for reversing man's crimes against the earth. Now is the time for us to adopt and rigidly follow practices which have been proven to induce a change in the atmosphere. Now, more than ever, we must insure that Homa healing fires are practiced throughout the world.

HOMA, the process of purification of the atmosphere through the agency of fire, has been given to save man from creating further destruction to the Earth, Agnihotra is the basic HOMA described in the science of bioenergy given through the Vedas, Homa has been resusciated, at this time, in answer to man's prayer for a cure for the ills from which the Earth is suffering. Spread the Word. Man can practice Agnihotra and Homa on a daily basis and immediately great healing power will be released to the atmosphere and to the individual, as well.

Mr. Timberlake, editorial director of *Earthscan* said "It is possible to look at economic and social developments and predict disasters. Because traders have been pushing up the price of seed in Bangladesh the next children you will see dying on your TV screen will be Bengali children." The 148 page report is available from *Earthscan*, 1777 Mass Ave N. W. Washington DC 20036 for $ 5.50 a copy.

(US Satang, vol. XIII, No. 3, 20th June, 1985)

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HEAL THE ORGAN WE SHARE

Ernest Collier
New York.

There is at least one thing which links us all together, one with the other, the atmosphere.The atmosphere is a very physical, inseparable bond that defies ownership and may go so far as to challenge our basic notions of individuality. Let us take a closer look at what is involved here as well as what is at stake to ascertain whether our present behaviour can be modified to insure our continued survival on this planet.

That we humans think of ourselves as separate and distinct from one another, not to mention other species, is fundamental to how we perceive, define and know what and who we are. That we see ourselves as free, individual being is prerequisite to our concept of reality. But how much am I separate and apart from you? Where does my individual being stop and your's begins? How much of a room we share is you and how much of it is me?

Certainly, we may begin by considering our bodies. Our height, weight and other measurements are taken, but this is not the fullest extent of our physical being. If we omitted the foot or neck or some other essential organ, our measurements would not be complete. It is likewise with the air we breathe. Without this vital organ our bodies remain in a viable state for only a short period of time. The same may be said for the blood circulating through the heart, veins, arteries and capillaries which, incidentally carry oxygen and nutrients to the body tissue and carry away carbon-di-oxide and other waste material.

One physical part of the individual, of course, exists both inside and outside the physical body i.e., the breath. Strictly speaking, the breath may be considered an organ of the body for the following reasons: Random House dictionary defines an organ as "a differentiated part or member having a specific function in a plant or animal."

Clearly, the breath has a specific function and is also a differentiated, distinct and indispensable part of the body. When breathing, it is the red corpuscles, or erythrocytes, the most numerous cells in the blood that carry out the exchange of oxygen and carbon-di-oxide between the lungs and the body tissue. Upon inhaling as much as possible and closing off the nose and mouth, the body cannot remain a viable organism. Similarly, after exhaling and stopping the breath, the body perishes. The living body requires oxygen both within and without its immediate self. Thus, it would seem, there is a concrete, physical connection between the breath and the atmosphere we cannot escape. Our breath is as vital as any other organ and we share this organ in common.

Still inside our room, each of us is spread throughout the atmosphere. Here, it is virtually impossible to separate my air from yours. But my breath and immediate surrounding atmosphere go to make up my body tissue and your breath and atmosphere to likewise for you. Therefore, it appears that as the gases in the atmosphere intermingle, a meaningful part of me is you and vice versa. Whether either of us like it or not we are inextricably bound to one another (there's nothing we can do about it) and we share our bodies in a real fundamental way. Our breath connects us with each other and with the rest of the environment.

There are, however, a growing number of us who have come to the realisation that we are sick. We are sick and becoming increasingly sicklier on a daily basis because the atmosphere is sick and becoming increasingly sicklier every minute.

A couple of generations ago, prior to the nuclear age, we had some idea of what the atmosphere-the mixture of gases surrounding the earth-contained. Today, we do not. We knew then, for example, that the composition of the layer of atmosphere closest to the earth was nitrogen 78.09%, Oxygen 20.95%, argon 0.93%, Carbon-di-oxide 0.03%, together with minute amounts of neon, helium, methane, krypton, hydrogen, xenon, and ozone. In addition to these gases the atmosphere contained varying percentages of water, vapour, measured in terms of relative humidity.

These percentages and proportions are no longer valid to-day. Pollution has played havoc with these figures. Considering only acid rain and the billions of tons of carbon-di-oxide pumped annually into the atmosphere, there is small wonder that all we scientifically know how for sure is that we are barely breathing right. Diseases, respiratory illnesses and ralated sicknesses are rampant today as never before, thanks to the ongoing onslaught of pollution, with no apparent relief in sight.

Our shared, extended organ, the atmosphere and hence, the environment can no longer support the rest of our bodies. Pollution has already damaged the oxygen recycling system of the planet beyond repair for a rapidly growing number of species.

When the atmosphere is sick and unhealthy there is conta-Ponds, lakes, streams, rivers, oceans all our water resources are dead or dying. Unfortunately, we are dumping pollution into the environment faster than nature can break it down for assimilation and absorption.

Does not the thought that children born today may never climb a tree because of pollution bother us? Look at the forests of the World. Our forests trees, plant life, green vegetation are dying. Most of what is left standing in the woodlands today is largely those old trees relling fragilely in a state of decay waiting for the wind to topple them over. The forest floor by and large, is no longer covered with green life reaching for the sun. Instead, it is bare and barren with rotting limbs and twigs lying here and there.

Pollution has taken its toll. The destruction has long begun. Most of what has already been lost is irretrievable. More than fifty percent of all species of plants and animals are restricted to rain forests which cover a small percentage of the globe. As green life goes, needless to say, starvation moves directly up the food chain. Scientists today are talking about total elimination of entire forests in just eight to ten years.

Since all this is at stake, and since the atmosphere, our mutual organ, is ill and not functioning at its best (to say the least) it may not be a bad idea to react just as we would if we had an upset stomach, sprained ankle or a broken big toe. That is, we would treat or take care of it in such a way as would aid in restoring the organ to normal health.

Here in 1985 we are much too advanced, sophisticated and pragmatic to ultimately rely on anything short of an exact, proven science. We are, in fact, encouraged and taught to put all our faith in science. If there is a way out, if the atmosphere, the organ we share, can be healed, then that healing, that way out, must be paved with science.

Readers of SATSANG (Published twice monthly over the last dozen years-first issue, May 17, 1973.) have come to understand that the science is HOMA THERAPY. Agnihotra, which is the basic Homa, is the scientific tool the mass use of which will undo the harm and reset the energy cycle of the planet into harmony.

Given a choice, one is unlikely to reject a quiet, cool breeze on a warm afternoon when suffering from headache, for example. When ill, we generally accept whatever honest relief comes our way. That this logic is sound can be seen in the fact that sick people simply are not happy. Hospital is the last place one looks into in search of happy people. Of course, we want to be happy. But to carry this line of thought further in todays world considering the polluted state of the environment, planet earth may well have become a big hospital.

Today, at any given moment, we can reverse the current trend of mass destruction of the environment (our extended bodies) by making earth into what a real hospital is supposed to be i.e., a place of healing, through the judicious use of what is available to us. i.e., Homa Therapy.

The record of human history is punctuated with crisis after crises but in each and every situation the means to overcome the difficulty were always at hand, therby assuring the continued survival of the race. We, who are alive today are no less unfortunate than all of our ancestors. Along with creation we were provided the mechanism to insure our ability to "weather any storm" as it is sometimes phrased. The weather also, by the way, is dependant on the conditions of the atmosphere and the atmosphere, in ways extending beyond acid rain is an important agent in erosion. Hence, let there be no doubt about it; today's deadly level of pollution demands widespread use of this mechanism at once or humans, too, will go the way of dinosaurs.

HEAL THE ATMOSPHERE, PERFORM AGNIHOTRA has long been the most relevant statement of the last quarter of the 20th century. Our day to day survival, its quality and quantity, depends right now on what we individually do daily at sunrise and sunset. This is the time to perform Agnihotra. This is the moment that is upon us to seize the wonderful opportunity to benefit all that exists.

The sick condition of our shared organ, the atmosphere, says a lot about our minds. To begin with, what kind of individual and collective mentality allowed it to deteriorate to this extent in the first place? Secondly, how many lofty thoughts or ideals can possibly be swirling around inside our heads in the midst of unprecedented turmoil and tension? Thirdly, how do we strive for what is ennobling and majestic when famine is upon us or rent is past due?

AGNIHOTRA HEALS THE ATMOSPHERE AND AGNIHOTRA REMOVES TENSION FROM THE MIND. IT UNBURDENS THE MIND. Agnihotra is the most potent method of counteracting all forms of pollution and is performed for purification of the atmosphere. Atmosphere is connected to Prana (life energy), and prana and mind are like two sides of the same coin. By inducing a change in the atmosphere we bring about change in functioning of prana. Hence, the beneficial change is transported to the realm of the mind.

Agnihotra is a process in the science of bioenergy given through the Vedas. Vedas describe Agnihotra as a process of fumigation also. Agnihotra, if practiced regularly, yields great healing power to the atmosphere as well as to the individual.

Doubt be fooled by the simplicity of Agnihotra not its primitive appearance. Agnihotra is science. It is sufficiently complex to heal the atmosphere which, in turn, heals us; yet it is simple enough to be properly performed even by a child, immeasurably benefitting our planet in particular. Agnihotra is also antipollutionary. Anything that is antipollutionary under current world conditions is also contemporary. What is required now also comes now. Thus, this ancient science of HOMA which has existed for millenniums is a healing tool for our modern world.

It is for this reason that the most important thing a person can do right now (well, at sunset, if you're reading this in the daytime, or sunrise if you're reading this at night) is to simply perform Agnihotra.

A few years ago had anyone written of healing the atmosphere, our most precious organ as it is used by all of us, the readers would have thought that the writer and publisher both were crazy. A few short years ago the atmosphere did not need so much as healing as it was in a state of good health. However, this is no longer true.

Since 1950, we have managed to put more pollution into the atmosphere than in all the combined, preceding years of human history. We have damaged and abused our extended bodies and now we are crying out to ourselves for relief. But let us not fret and let us not wait for another Bhopal, India, Help is on the way. In fact, all the help we need is handed to us in a copper pyramid of prescribed size in which Agnihotra is performed. Let us use it according to the three disciplines surrounding the performance of Agnihotra. By practice of Agnihotra; our health improves immediately by leaps and bounds and our minds become calm and peaceful.

(US Satsang, vol. XIII, No. 3, 20th June 1985)

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From within PARAMA DHAM (House of Almighty Father)

Ethan Simmons
USA

When we enter PARAMA DHAM (House of Almighty Father) at Madison, Virginia, a sign on the door is seen that calls for silence to be maintained at all times. Why? When the voice and body are silent the mind can be seen carrying on its noisy business. When the mind is silent our Self may be seen illuminatd by the Light of knowledge.

Purity is experienced at PARAMA DHAM (House of Almighty Father), the purity of simple love. This means that whatever love we bring into PARAMA DHAM will be given its fullest expression; therefore, we must leave behind the noise of our preconceptions, expctations, prejudices and the like. We must enter with our Self only. Grace arises from within. It cannot be hoarded; it must be given out. Within the purity of PARAMA DHAM even the merest hint of acceptance on our part attracts Grace overflowing. Here is happiness, the silent sharing of Grace with all. The message of PARAMA DHAM in the words of the Divine Messenger is "Fill all the spheres with LOVE".

Madison, Virginia

Bill Dunwody
USA

Idyllic pretty much describes the Madison area. The landscape is certainly among the most beautiful in the world, a naturalist's paradise. However, the true beauty of Madison goes far beyond this.

I met Vasant in January, 1974. He suggested that I settle down in Madison near PARAMA DHAM (House of Almighty Father). He told us how PARAMA DHAM was chosen by the Divine Messenger to spread the message of LOVE all over the planet.

When Jan and I came to Madison to look for land we noticed from the beginning that the area just plain felt good. We found everything smooth sailing. Jan and I got married in May, 1974 at Madison. We purchased a lot of land a few minutes distance from PARAMA DHAM. We now live in a used army tent on the land and we are constructing our new house on the site. It is a thrilling experience.

We are treated very well by the people of the area. This was something new for me, to find virtually everyone I met friendly and helpful. As we got settled we found things getting progressively better and better. Folks in the area are always ready to help out when needed.

THE AREA ITSELF IS DEFFINITELY AN ENERGY SPOT, thanks to the Divine Messenger. I have accomplished more since coming to Madison than I would ever have believed I would have and it is obvious that the pace is picking up rapidly. At the same time, I feel better and seem to do more all the time. The odd part of the whole thing is that I really don't feel as though I'am putting out all that much effort. Everything is taken care of. All that is necessary is to make the slightest of effort in the correct direction in order to find oneself not inching but hurtling forward. Madison is shaping itself by Master's GRACE.

(US Satsang, vol. III No. 10)

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Food For Thought

Ronnie Gochrach
USA

The diet of modern man is a reflection of himself and he is a reflection of his diet. He eats the pig and he behaves like one, greedily running over his fellow man, selfishly trying to get it all. His overstuffed belly bulging at the seams, his body is hardly more than a cesspool. He is so overcome by his desires and habits that his anger is aroused at the suggestion of a change in his diet.

Hiding under the guise of culture the so-called gourmet carefully tucks his napkin into his belt as he readies himself to partake of the finest culinary delights: broiled lobster, soft shell crabs, snails and the roasted bodies of dead animals. The music plays softly as he eats. Much money could be saved if people just ate the muck from the bottom of the sea instead of paying to eat the creature whose job it is to do this.

Man, the most developed being on this planet, has used the Divinely granted power of free will and discrimination to degrade himself. Instead of seeking the highest modern man seeks the lowest. He chooses for his diet the scavengers of the earth. He has placed carrion in a fancy package and sold it to the world.

Knowledge of the true needs and diet of man are played off as faddism. Opinions and ignorance are offered as facts. The media carries the message of the paying advertiser, and the truth is profitable. Our foods are injected, wrapped, and stuffed with every conceivable preservative, coloring agent and flavour enhancer. Later on it is discovered that they may cause cancer, allergies and a host of other maladies in the human body. They are removed from the shelf and are replaced by something equally as bad.

There is a saying, "You become what you eat". If man chooses to lower himself to a subhuman diet of meat and flesh foods, he must take the burden of his actions as they come. The Law of Karma, or "Reap as you sow" is inviolable. When you consume the bodies of animals, you must become a recipient of fear, anxiety, hatred and all of the related mental states associated with taking the animal's life. These states of consciousness become your abode and you are held in check by the law of Karma.

It was never intended that man was to eat flesh food. His mouth, teeth and digestive system bear very little similarity to carnivorous creatures. When one looks at an apple, one feels like eating it; when one looks at a cow one does not feel like eating it. Few find it appetizing to see an animal slaughtered, to hear its death cries. It is not until the final process is completed and the necessary species, sauces and herbs are added do we even find the taste appealing.

This unnatural way of eating is the cause of many diseases in man. These so-called foods are unable to be digested properly, and are difficult to pass from the body. They remain loaded in the many small pockets and crevices of the intestines, where they ferment and rot, becoming a breeding ground for disease. Their absorption into the system brings about deterioration in bodily organs. Cholesterol levels increase with the consumption of animal fats. The body, which is a circulatory system becomes constipated and clogged. The system becomes stagnant.

All this must be changed if man is to become truly happy. Durgs cannot stop or cure the health and diet problems of man. The body must become purified to achieve a healthy and calm state of being. A non-irritant and non-toxic diet, composed of large amounts of fruit, vegetables, nuts, grains and dairy products, along with sunshine, clean water and fresh air are absolutely necessary for good health, which is conducive to spiritual progress.

It is advisable to avoid meats, coffee, tea, white bread, alcohol, sugar and starches.

The validity of this can easily be experienced by anyone willing to give up the worship of convenience and to apply some self-discipline. The benefits are worth the effort. The nervous system becomes relaxed, sleep comes easily, passions are lessened and concentration is greatly improved.

Higher levels of consciousness are opened up to you as a result of mental and physical purification that takes place. Each new day you become better able to practice and secure the benefits of the Fivefold Path. It is not long before you are in possession of the common goal of all-Happiness here and now.

(US Satsang, vol. III, No. 8)

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From Vasant's Discourses

"Abraham was not a Christian, Abraham was not a Jew, Abraham was a Hanif (Muslim)."

Prophet Muhammed spoke of one religion that was in the beginning. He further states in the Holy Quran that people quarrelled among themselves and formed into sects. Several messengers of God then came to set things right.

"We make no distinction between the Messengers."

(Holy Quran)

Hence, a true Moslem pays respect to the teachings of all the previous messengers.

From Vasant's Talks at Washington, D. C.

"Quantum Physics has landed us into revolutionary probings that might one day give us guidelines as to man's purpose on earth. When the physicist hypothecates an observer dependent world he is speaking the language of Vedas, the ancient-most revealed knowledge. Quantum Physics will one day lead us to conclude that man interacts beneficially with environment by inducing changes in human vlaues. How interesting it is to imagine that it is left to the scientist of late twentieth century to prove by conclusions of physics that TAPA (self-discipline) improves KARMA (right action)."

(US Satsang, vol. III, No. II.)

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What's The Solution

Jones Blake Moore
USA

AGNIHOTRA is the solution to all earth's pollution. AGNIHOTRA is an air cleaner, plant cleaner and above all, a human mind cleaner. The human mind is like a glass mirror, sometimes clean, sometimes not so clean. So, cleaning the human mind is like cleaning the mirror, and the more we clean it the better it reflects the image on the other side. The word clean means to be free from dirt or filth, unsoiled, unstained. So, the cleaner we can get the glass mirror, the better it can reflect the image from the other side. So it is with the human mind, the dirt has to go if we are to serve our God given purpose.

Now the dirt of the human mind are those thoughts that we etertain that we know aren't too cool. They seem to act like rude intruders, uninvited guests, party crashers, etc., etc. Their favorite topics are lust, greed,envy, jealousy, criticism, condemnation, hate, fear and we could go on and on. But, let's not do that since wiping them out of the human mind and off the face of the planet is what we want. Just give it a little thought; that no one could possibly hate a person, kill a person or do any evil deed unless the human mind first thought of it. So, any material aid that would help clean the mental dirt that we all could do without and is guaranteed, should be welcomed by all sincere seekers of truth. AGNIHOTRA, the first path of the Fivefold Path of the Vedas, is the answer.

Now, as the dirt of the human mind is cleaned like the mirror, it too will begin to reflect better the image from the other side which is God. And, the cleaner and clearer it becomes the clearer will we begin to experience and understand what is meant by such sayings in the Bible as :

"And God said, let us make man in our image, after our likeness; and let them have dominion..." (Genesis 1 : 26)

"Blessed are they which do hunger and thirst after righteousness : for they shall be filled." (Matthew 5 : 6)

"God is Love. And he that dwelleth in Love dwelleth in God, and God in him." (John 4 : 16)

"For by grace are ye saved through faith; and that not of yourselvs : it is the gift of God : Not of works, lest any man should boast." (Eph. 2 : 8)

So, the more the human mind is cleansed, the more we, the beloved children of the "Most High" can reflect God's greatest gifts of love and grace, and the more love and grace we attract, the more we can know and experience and express true mental peace, true happiness and true dominion in every facet of our being. So come join us today and you'll see that AGNIHOTRA and the Fivefold Path is truly the way. Almighty is One. Almighty loves us all. Almighty has given this "blessing" to us all.

"Not my will (the human mind) but His Will be done"

(US Satsang, Vol. III, No. 9)

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TALKS WITH FIVEFOLD PATH TEACHERS

(Excerpts from Vasant's talks)

Let us do the work as best as we can at the moment. Let that comes of it come. We plant the seed. The garden may or may not grow as we like it.

So many variables are there. In growing a garden we can not predict when it will rain again. We only plant the seed. We can water the seed but if it does not grow despite our efforts the fault is not ours. When we teach "Do not find fault with others" we should say first "do not find fault with your own self." Forgiveness is for us as well as for others.

We have to work within the context of our own abilities, our own stored up impressions and imagination. Use what you have been given to further this message of LOVE. It can go through any medium, music, art, science. Of course, the message is essentially scientific but we must utilize to the fullest all avenues through which the message can be delivered. Dance is particularly important tool to be utilized for our work.

Self hate is the worst form of ego because it is destructive. Suppose one builds himself up to be a great man. Suppose this is his ego to be great, proud. Still, the ego is determental to his growth but at least he is building himself up. It is easier to remove a wall than rebuild one. Let us not be self destructive.

(US Satsang, vol. V, No. 8)

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AGNIHOTRA & PSYCHOTHERAPY

It is reported from Baltimore that there is a situation where psychotherapy is being performed in an environment with the vibrations of AGNIHOTRA, the ancient process to purify the mind through the agency of fire. The setting is the private practice of a traditionally trained, prominent psychiatrist where group, individual and family psychotherapy is offered. The clientele covers a range of persons, all ages, ethnic backgrounds and presenting problems. Most of the clientele are seen in group psychotherapy that takes place three evenings a week. Families and individuals are seen during the day or on a four week night. A follower of the Fivefold Path and therefore an AGNIHOTRI, is part of this situation as co-therapist and is, therefore, at the offices at evening AGNIHOTRA time three or four times each week. The office is actually a suite of rooms that includes a large room for groups, a small consultation office, a small utility kitchen and a second large room that is used sparingly. Since the Fall of 1973 in the second room, AGNIHOTRA has been performed on evenings when therapy is in session. The room has come to be known as the 'meditation' room.

During a given week, approximately 50 persons attend group therapy sessions at the office. No effort is made to encourage group participants to meditate. However, most group participants are aware that AGNIHOTRA is performed by the co-therapist each evening. Consequently, group participants who express an interest, leave the regular session a few minutes before AGNIHOTRA time to join the cotherapist in meditation. Those who express further interest are referred to the Fire Temple most convenient for their use. In a Fire Temple silence is maintained all the time. There is no priest nor deity; only AGNIHOTRA is performed on the circadium rhythm of sun-rise-sunset. No instruction or in-depth explanation is given at the professional office. AGNIHOTRA and meditation are not discussed in the group therapy session. The psychiatrist, a man of deep sensitivity and openness, does not meditate but he allows the practice to continue because he views any introspecive process as integral to the mental health of his group members.

The therapists agree that there has been a change in what takes place at the office. The change has been gradual. The change has been in the direction of less emphasis on the expression of problem situation and less expression of psychological stress. More time is now spent in expressing good feelings-sharing of feelings of love of a spiritual nature among group members. Members come more readily to accept that difficulties can be solved by learning to find themselves on deeper levels by expression of LOVE. Members now seem to rid themselves of presenting distress earlier in the course of treatment. The average length of group participation extends. Practically all new group members are referred by present or past group members. The therapists make less intervention in the treatment process. Both therapists concur on the acceleration of their own personal growth and development. Communication and complementarity have heightened between the therapists to a level which would have usually required hours of consultation and coordination behind the scene.

The therapists note that certain unexplainable cycles and other commonalities develop in the groups that do not seem to be consciously initiated by either therapist. Such things have come to be accepted as unexplainable reality. For example, for a period of a week each group independently will deal with the same theme, with identical statements being made by participants in different groups meeting different nights. Group members have, during the same time period, expressed similar insight and enlightenment. Experiences resembling classic spiritual states have been more frequently reported. The regualrity of these types of events coinciding suggest to both therapists a Divine Presence.

Some things are remarkable, coming from the patients or group members. Some who return to the group after a period of time are most expressive about the change in the groups. Some return who left the group prior to the time that AGNIHOTRA began to be performed. As stated, the time that AGNIHOTRA began at the office coincides with the time that changes began to become pronounced. It has been expressed that the group once taught how to feel love and now teaches how to become love.

Many have reported that problems fade away when they arrive at the office. Many report a lessening of tension and an experiencing of a tranquil state. It is common to hear members make specific statements about the atmosphere of the office. A married couple with a nursing baby reports that the AGNIHOTRA smoke aids the child's temperament and the babe usually goes to sleep during or shortly after AGNIHOTRA. Those who regularly attend the meditation note that there is a subtle,but detectable quality of peacefulness after meditation among group members whether or not they attend the meditation.

(US Satsang, vol. III, No. 10)

AGNIHOTRA is the most basic form of Yajnya.

Yajnya is the proces of purification of the atmosphere through the agency of fire tuned to a specific rhythm of nature. It is performed for purification of the atmosphere. It is stated that by inducing a change in the atmosphere you bring about change in functioning of PRANA (life energy). Prana and mind are like two sides of the same coin and hence the beneficial change is transposed to the realm of the mind. Agnihotra is the basic Yajnya tuned to the biorhythm of sunrise/sunset.

Agnihotra removes tension from the mind. It unburdens the mind. You will soon notice the anger and greed become less and you feel free. This brings about happiness. You will notice that you are moving in a happy atmosphere if you practice Agnihotra regularly. Getting rid of your emotional cycles leads to tranquility and peace.

The layer of useful atmosphere surrounding the Earth is very thin. Automobile pollution, pollution due to factory exhausts, water pollution, noise pollution, the disturbance caused to marine biology due to the disposal of nuclear waste in the oceans, the effect of radiation on human physiology, indiscriminate cutting of forests for raw materials, indiscriminate probings into the bowels of the earth for raw materials to feed the industrial complex, indiscriminate use of pesticides, insecticides, chemical fertilizers, deodorants, all these adversely affect the atmosphere. This leads to tension on the mind and an increase in the incidence of disease, nervousness and pyschiatric care. All this must go if we wish to be happy.

Agnihotra is a process in the science of bioenergy given through Vedas. The word Vedas literally means knowledge, coming from the Sanskrit verb Vid, meaning to know. The English word Wit comes from the same root. Vedas are the ancient-most word combinations known to man.

Vedas describe Agnihotra as a process of fumigation also. Agnihotra, if practiced regularly, yields great Healing Power to the atmosphere as well as to the individual. In several countries of Europe, and the continents of America and Asia, folk medicines are prepared from Agnihotra ash called Homa Therapy.

Agnihotra has three disciplines : burning of specific organic substances in a copper pyramid, mantra and specific timings corresponding to one ciradium rhythm of nature, i.e., sunrise/sunset. If you miss the timing, then it is not Agnihotra.

Vibratory effects of certain metals such as copper and gold are known to science. When specific substances are burned in a copper pyramid with a specific mantra at exact timings of sunrise/sunset, a specific effect is guaranteed to occur.

Sunrise and sunset are the timings for Agnihotra. You can find timings in an almanac, which should be adjusted to local time or you may consult the nearest weather station. We would be glad to help you find the sunrise/sunset timings you need if you tell us the latitude and longitude of your location. Cassette recordings of Agnihotra Mantras are available from either of the addresses on the back in exchange for a blank tape or its price equivalent.

If possible, keep one corner of your room set aside for Agnihotra. If you have plants growing in the room you will soon notice that Agnihotra gives nourishment to plant life. Agnihotra ashes should be kept aside for use as plant fertilizer. With Agnihotra atmosphere and Agnihotra ash, you can grow large crops in small area. The taste, texture, color and quantity improve by this method of gardening known as Homa Therapy Farming. Agnihotra is the basic Homa.

The Fivefold Path of the vedas is a manual for happy living. The first aspect of the Fivefold Path is Agnihotra for the purification of the mind through the purification of the atmosphere.

You may belong to any faith, you may be an atheist or an agnostic. You will benefit from Agnihotra and the Fivefold Path. The Fivefold Path set up life patterns based on the biopsychological techniques given through Vedic Knowledge will be unfolded to you from within. Believe only what you experience. This is the approach of the true scientist.

FOR FURTHER INFORMATION,
WRITE TO:
Agnihotra University
P. O. Box 43288
Washington. D. C. 20010 U.S.A., or

IN INDIA-Contact
Fivefold Path Mission
Shivapuri (Akkalkot)
DIST-SOLAPUR, Maharashtra.

International Homa Therapy
Research Institute
Shivapuri (Akkalkot)
Dist. SOLAPUR (Maharashtra)

AGNIHOTRA requires a variety of specific materials.

FIREWOOD :

There are specific varieties of trees which may be used as firewood to prepare the fire. These have medicinal properties. If they are not available, you may use any firewood to start the fire. However, firewood from trees with thorns or from trees bearing bitter fruit should not be used.

CONTAINER :

For Agnihotra, a copper pyramid of prescribed size is required.

RICE :

Unbroken pieces of brown rice should be used for Agnihotra.

GHEE :

Place pure butter (unsalted, unadultered butter from cow's milk) in a pan and bring it to a slow boil over low heat. Remove and discard the white substance that rises to the top. Pass the liquid through several layers of cheesecloth, paper towels or a finely meshed strainer. What passes through is ghee. Store it in a container; it need not be refrigerated.

DRIED COW DUNG :

How to prepare dry cow dung? By wearing a rubber glove make pancake-like pieces from fresh cow dung and let them dry in the sun on a window screen. The dung may also be dried on a sheet of wood, a flat rock or a piece of metal. If the weather does not permit, then dry the pieces inside. Store the dry dung cakes for daily use.

DRIED COW DUNG :

Cow dung is medicinal. In all ancient cultures, like the native Indians of North and South America, cow dung applications are used for ailments. In books of folk medicine practiced in Europe, one finds many references to cow dung as a medicinal substance.

FIRE PREPARATION :

Take a few pieces of dry cow dung and, keeping one small flat piece in the bottom touching the pyramid, put the rest on top of the firesticks in the pot. Put a little ghee on the cow dung pieces before lighting the fire. If you are not using fierwood, prepare the fire with cow dung and ghee. Firewood is optional while dried cow dung is must.

FIRE PREPARATION :

Lighter fluid or other ignitable materials should not be used. The quantity of rice that you hold in the tip of your fingers constitutes one portion. Apply a little ghee to the body of rice. About four minutes before sunrise or sunset light the fire. The fire should be fully ablaze at sunrise or sunset time.

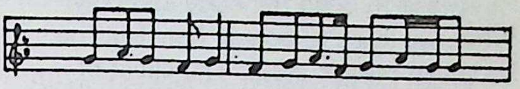
AGNIHOTRA :

Exactly at sunrise and sunset utter the first mantra and then add the first portion of rice into the fire. Then utter the second mantra and add the second portion of rice into the fire. Try to sit near the fire for as many minutes as you can after each Agnihotra and experience peace.

AGNIHOTRA

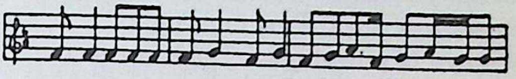
Mantra

At Sunrise



1. Sooryaya Savaha Sooryaya Idam Na Mama

Add the first portion of rice.

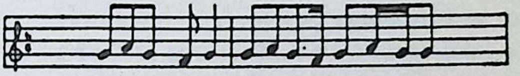


2. Prajapataye Svaha Prajapataye Idam Na Mama

Add the second portion of rice.

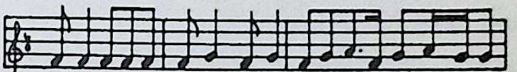
This completes morning Agnihotra.

At Sunset



1. Agnaye Svaha Agnaye Idam Na Mama

Add the first portion of rice.



2. Prajapataye Svaha Prajapataye Idam Na Mama

Add the second portion of rice.

This completes evening Agnihotra.

(a is pronounced as 'a' in father.)

FROM VASANT'S PERSONAL TALKS

"It is easy to bend the body and bow. When we learn to bow in humility, the body can remain erect. The effect of bowing is truly in reverence and not in show of action."

"When we bow from the heart, no kneeling is required. True humility makes no show of itself. True humility is wrought of purest gold. The heart of a humble man knows no limitations, has no boundaries around the love which it receives or gives and truly is of service to mankind".

"All Love to come and once you become strong, that is more and more filled, there is no room for dissention, no room for evil thoughts or ego. You have only to take care to be full of Love, devotion and service to others. I have told you both what could happen if you allow your ego to continue to take hold and if you keep on present effort and become more and more full of Love."

"Where there is Love, there need be no fear, no worry, no doubt, no suspicion. You have been cleansed in such a way that Light can now filter through you and fill the heart of all around you."

"If it pains you, take His Name. If it worries you, praise His Name. If your body aches with Love let it come forth through your eyes. No matter how He tests us we must keep loving all we meet. Then He gives us all we have come for and in the most magnificient way."

Think clearly. Think over all that has been told... At each level there comes a trial and by method of intense purification you have passed through another phase of development. Now there is a time factor with which we must deal. All things come in time."

"Remember always, Grace can counteract the law of Karma anytime. You do something that has a bad effect, and another effect is creted and so on. Still, by Grace all this can be curtailed. You have no idea what is for your own good."

"All these things are told again and againg. What is now required is total faith, total surrender. In this alone we find joy. Otherwise joy is conditioned. There is no guarantee that one will feel joy from the same object on Tuesday as he will on Thursday. All these things reflect impatience. This we must knock out."

"When we get angry that Light dims. We want it to constantly flicker in the eyes. This is required. To become full of Love, I will tell you one small thing. Forget about yourself. and think only of Shree. For a few days do not think of... Think of Shree, then things come, not before."

"Just be full of Love. Let whatever happens come. You say to yourself, 'O.K., let me be full of Love, if an earthquake comes'. Then chances are your house will be saved. Grace works like that. When you say, 'Yes, I have been bad; now I will try in all of my actions to be good', then Grace comes. But do not think of what will come to you."

"One man can lose his voice and call it a blessing. Another asks for a new voice other than the one he has. Be grateful always and all will come to you."

"When you undergo pain and do not complain, He lifts you up and you do not feel it. All you feel is Love and joy. Whenever fear comes it is the same. Say to that fear: 'Well, I am sorry, I am not interested. I will take Shree's name and whatever He gives me I will take.' Then it is like a breakthrough. All blessings come."

"You have reached a point where anything could come to you. You have been so good, so beautiful, so sincere. No matter how great a fear is, let is be overwhelmed by Love for Shree. If you do this, nothing can trouble you."

"Let it be a lesson to you how fear makes you weak. Think of Shree and avoid all the pain the mind can bring. Even dreams can often have their base in fear. Only some are to be told; only some have important meaning."

"The four corners of the world must be reached. The necessity is now emergency. In no other form will this Love go. In no other way will His light travel. Only through Agnihotra, only by His hand, only once blessed to do this work."

"You might be asked to do things you do not like, but these things not only benefit you, but others involved also. When you speak, speak from the heart. Be truly humble and all things come. You have reached a state where if someone accuses you of something, you need not get angry. You only love that person. Do not take extreme abuse but whatever is done to you, receive it with Love. Any negative reactions will die out. They cannot exist in an atmosphere of total Love."

"Surrender to His will. If you are. required, if your services are required for anything, big or small, it is your duty to make an effort to be of service. Then, whatever necessary is automatically accomplished and the rest is taken over for you. You can begin to work with one-pointed attention on Shree. Take Shree's name, anything that will help. Then do the work allotted to you. You will find that never is too much required and only what is necessary is all that is required. It is so simple...

"All of us must be trained to do the work of many more people than ourselves."

Do not let small things trouble you. The world is full of pain and misery. You are being lifted from all that. As you come up, each stage involves some adjustment. If we keep silent about our misunderstandings, they will vanish."

"You must learn to serve and not to expect others to serve you. Do not be full of expectations."

(US Satsang, vol. IV No. 8)

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THE SMALL DANDELION

By Berthold Jehle, W. Germany

Once upon a time there was a small dandelion that grew in a splendid meadow. The wind was fresh and healthy so the sprout grew into a plant quickly.

Then when the time came it turned into seed and there were many small brownish seeds in tiny white parachutes.

By the first strong wind, all seeds were given the assignment to select for themselves good soil and then wait till the sun gave energy for growth. Only one was to plant itself at a time. New fertile land was preferable to avoid over-crowding of the splendid meadow.

The seed said goodbye to his brothers and sisters and set out on the journey to the unknown. It ascended and looked out from over the majestic mountains and mountaineous landscape but then decided that this was not the place for him and slipped back into the valley. He flew along the lively splashing mountain streams, over pine forests and alongside cows grazing in the meadows. The journey was a joyous one.

A forceful wind suddenly drove the seed forward and soon the mountains became smaller and vanished along the horizon. The stream had grown into a river.

Oh, what is that? The water is very dark and all the fish have disappeared. The river is covered with mud and filth.

Where is this all coming from? He hears a faint sobbing voice, it is the river. "Oh, I am a poor, poor river! I have no air to breathe. The fish have all died. I cannot bear this any longer. Here comes that poisonous water from the factory again. My freshness and purity are all gone."

The entire landscape was treated by the enormous chimneys emitting dark smoky clouds covering up the land and river as they devoured and troubled everything alive.

The small seed turned up his nose. How frightful the air smelled! He longed for the clean, pleasant meadow. The further he went, the more all of nature was hurting. Changes started to happen to the seed also. He became irritated, nervous and afraid under the influence of these destructive powers.

Continuously he was in danger and his undeveloped nature was about ready to give up. Along with the filth and foul odor came noise too. It seemed to come from the people in the villages and cities, caused by hate, conflict, envy, wrath and passions. He had learned that man was the highest creature on earth and that its own evolution would some day lead up to that. The small seed switched his thoughts back to his brothers and sisters and the peaceful sheltering meadow. Then he recalled one of his elders who had given the advice to never look back but always ahead and to endeavor to have a goal and to try to reach it.

The wind carried the seed into the city where there were many houses, factories and automobiles. Everywhere frightful noises could be heard.

What is that? The parachute stretched itself and the seed sprang through it as if an energy injection had been given. He started to descend and fly here and there. Wonderful energy came from a place behind a big factory.

"I must take a closer look, maybe there's a place here for me", said the seed to himself.

Magnificent floweres bloomed in the windowsills of a small house. The garden was bountiful with green vegetables, berries and fruit trees. It was difficult to see the leaves for all the fruit.

All saw how frail the seed was and the apple tree said, "Come here and sit by me. You can rest in this shady spot, even grow here if you wish. There is enough nourishment and space for the two of us." The small dandelion accepted the invitation gratefully.

After a short while it took roots and grew into a dilicate plant. All the agony was soon forgotten and the other plants lovingly began to share their story :

"Not long ago all was desert and wilderness here. We feared for our lives as the poison from the factory became stronger and stronger. Then one day a man came to the house with a small fire and explained to the people that it was for purification of the air. Several people began to practice this pruification called

AGNIHOTRA every morning and evening exactly at sunrise and sunset. Every time it is so good for us and helps us get more energy. Then they sprinkle the ashes in the garden and we feel so strong that the poison can no longer harm us.

"People have ceased to quarrel and children no longer hit us with sticks and pull our leaves. Instead they handle us as if we were the most valuable creatures one can imagine. We are always feeling more and more love springing up within us. No longer are bad words or arguments heard. The garden has become a beautiful place. We are thankful and therefore we give ample fruits each year."

(Editor's Note : In several hundred houses in U.S. and Europe experiments were made on plants. Please keep a few plants in the room where AGNIHOTRA is performed regularly. Within three weeks you can see with your own eyes how the plants become healthy and happy. AGNIHOTRA atmosphere acts as nutrient to plant life.

In Germany, several medicines are prepared from AGNIHOTRA ashes. The cure is quick and lasting. Subtle energy is released in the process of AGNIHOTRA and the same is locked up in the ashes. For further information about AGNIHOTRA medicines you may write to the following.

Director
Fumffaltiger Pfad e. v. (Fivefold Path)
Kriya Yoga School
Friedhofstrasse 4, Bittelbrunn
7707 ENGEN/HEGAU
West Germany

(Vasant)

(US Satsang vol. No. 19)

* * *

AGNIHOTRA AND THE SUBTLE POWERS OF MAN

By Dr. Fritz Ihlenburg
West Germany

In his book Light Towards Divine Path Vasant has explained about the effects of AGNIHOTRA on man, plants and the atmosphere. In this article I will try to look at the effects of AGNIHOTRA from the point of view of elementary subtle streams.

In the current age the knowledge of man was enriched by research in the field of physics. Through physics we learn about the wave function of electricity, of light, color and other phenomena. In the current materialistic age the knowledge of man was enriched by physics.

Recently the scientist and others have noted another kind of physical phenomena. It is the relation of man with his environment and his fellowman. It is noted after a good deal of research that the relationship of men to each other is recognizable as subtle wave stream. Man functions as the generator which emanates waves of a subtle kind and also as the receiver of such kind of streams. Experiments and observations made on plants and animals show that they possess a more subtle sensitiveness.

With these preliminary remarks we will look at the process of AGNIHOTRA fire. The process is subtle which involves man and also fire. Fire emanates heat and light. This immediately hits those that sit around the fire. The effect spreads in the whole room and goes beyond. This acts as a positive power towards all. The specific spreading is not noticed by most of the people although unconsciously they react to these subtle streams. The influence is not merely physical but psychological. The thinking process is affected. The receptive mood towards humility and LOVE is strengthened. To this is added the known or unknown readiness to pick up the most subtle energies of the astral body. The ability towards positive thoughts of LOVE is strengthed by the practice of AGNIHOTRA fire. Through the observations of clairvoyants it is well known that the thought energy field depends upon the intensity Thus by practice of Agnihotra we influence towards constructive thoughts of LOVE.

The critical human mind is not satisfied with mere speculations and suppositions. It was necessary to test these subtle processes by laboratory methods and to explain them in physical terms.
Dr. O. Wurral, an American scientist, could demonstrate the existence of power that emanates from the hands of a healer. It is proved that plants grow faster under the influence of a person with healing powers. In New York several experiments were made to find out the feeling reactions of plants. In 1972 a conference of electro-physiologists, psychologists and doctors of medicine was held to discuss the American and Russian experiments in electrography invented by the Russian couple Kirlians. It is an important invention to demonstrate the energy radiation due to changing mind conditions of plants, animals and man.

What has been shown and proved now strengthens the researches of Beasant and Leadbeater made known through the book The Visible and Invisible Man and Thought forms. These books describe the radiation of human thoughts as seen by the clairvoyants.

Vasant has described in his book the effect of AGNIHOTRA fire on plants, animal and man. Vasant has explained these things in several speeches in Germany in terms of modern science. The research done in America and Russia strengthens the content of what Vasant has been saying.

Man is a field of force, a creator of his near and far surroundings through his subtle emanations of thoughts, feelings and willings. He creates, as stated by Vasant, his fate on this planet. From what has been stated above it can bee seen that Vasant's appeal to all men to start the practice of AGNIHOTRA is of extreme significance.

(US Satsang, vol. IV No. 8)

* * * * *

AGNIHOTRA ANECDOTE-DENMARK

Karen

This is from the house of one Danish couple who practise Agnihotra. During the first Agnihotra meditation Busser their dog was uneasy and ended up sitting on Lise's lap. Now Agnihotra has been moved to a smaller room and Busser loves it. He is the first one in at sunrise and sunset and lies right next to the Agnihotra pot.

(US Satsang, vol IV No. 8)

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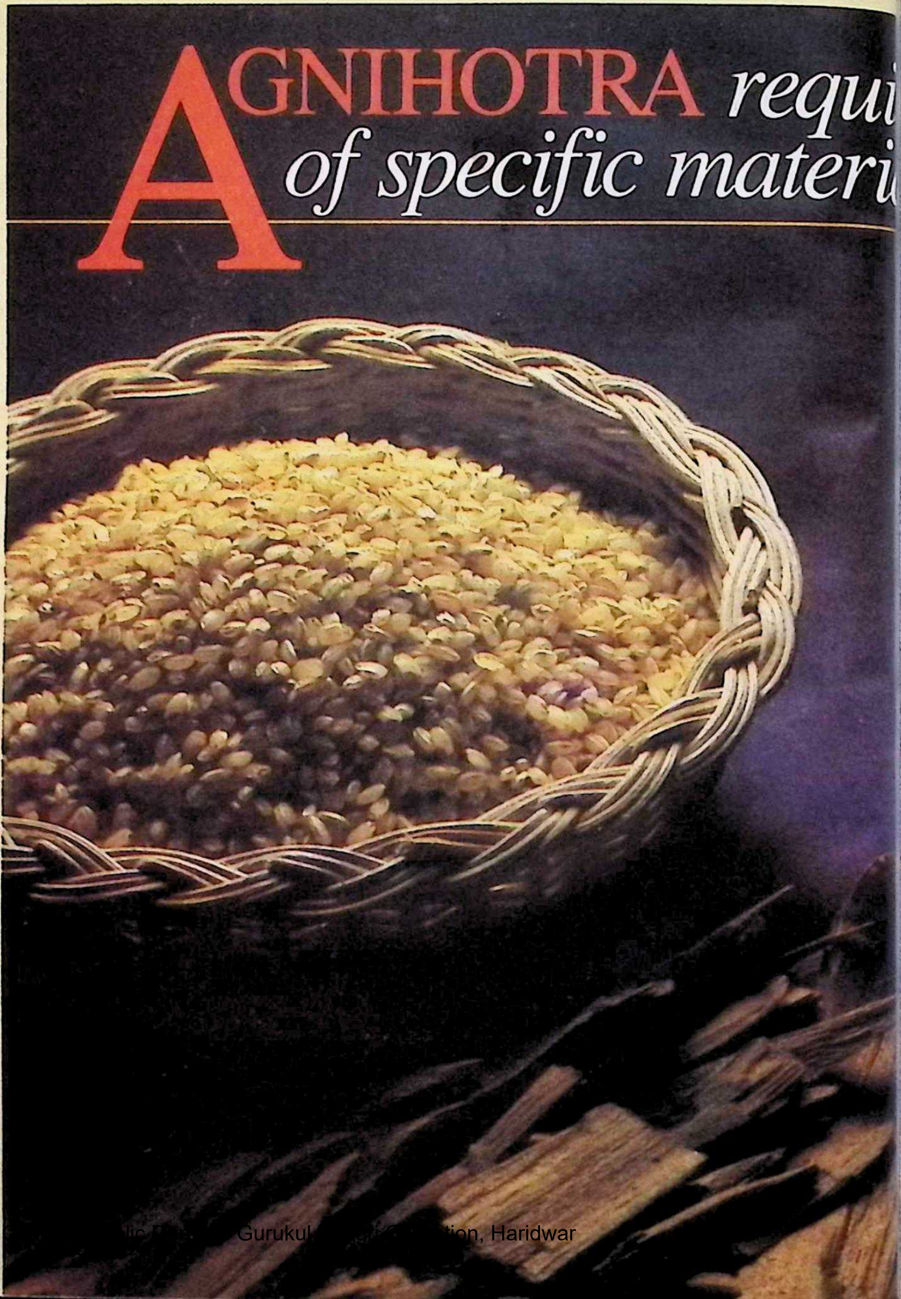
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Agnihotra Press, Inc.

John T. Brown

In traveling recently, Vasant has been asked serveral times about how we are able to afford to have such nice literature printed when we do not charge for our services and we do not solicit donations to support the dissemination of this knowledge.

Vasant's answer was, "We have a press and some very devoted people who over the years have done whatever they have had to do in order to make the business a success and to be able to provide the financial support necessary to spread this message to every continent on the globe, all this by word of mouth. It is all Grace."

Since "The Press", as it is known to those familiar with it, has published *Satsang* since January of 1974, perhaps it is time to explain what Agnihotra Press is and why it is.

The Agnihotra Press, Inc., is a corporate body incorporated in the state of Maryland on December 1, 1974. Prior to that it was a partnership. The business was established in January 1974 due to a printing need Vasant had.

The three partners, Jim Hackley, Stu Masill and myself, met Vasant on September 16, 1973, when Vasant came to the farm on Kuntz Road in Randallstown, Maryland, to give a talk to a group of people who came every Sunday to have a Satsang meeting and meditate together. This is the same farm where the 24 hour Om Tryambakam Homa has been done continuously since September 9, 1978.

We were accustomed to having guest speakers and visitors, but I never encountered anyone like Vasant before. I can still remember how impressed I was with him. Many people have difficulty looking someone in the eyes, but not only did he look you in the eyes; his eyes roamed from one person's to the next the entire time he spoke. You felt like he knew you, he loved you, he was there to give and to share, but never to judge.

The only thing I could think of was love. The purest of love, the purest of thought, the purest of intent. He talked in plain and simple language, he was direct and he just appeared "to know," you know what I mean? He just "knew."

He spoke about happiness. "Do you want to be happy here and now?" he said. Three days later we invited him to come back at sunset to teach us how to perform Agnihotra. From that day on it has been performed daily on our farm.

We felt that we had been so benefited by Agnihotra, Vasant and his teachings, we wanted to help him get *Grace Alone*, a book he had written in India, reprinted, so others could have this knowledge available to them if they would like.

We tried to investigate the possibility of having a printer print the book for us but the costs were prohibitive. We then decided to buy a 10 x 14 Multilith and print *Grace Alone* and *Satsang* ourselves.

We put the press in a house where Vasant was staying in Washington, D.C. Because the partners didn't live in Washington, that arrangement didn't work out very well so we decided to put the press in the garage on the farm in Baltimore. We officially opened for business May 17, 1974, the same day the Randallstown Fire Temple was inaugurated and also the day a boy was born into the Brown family. We named him Jon Gajanan Brown.

Later, I received a letter from the Holder of General Power of Attorney from Maharaj Shree. It was dated June 9, 1974. It stated, "His Holiness was satisfied very much to read that a third Fire Temple was consecrated there. This is an encouraging thing for you all. Such Fire Temples should appear throughout the world. This will lead to all glory and prosperity. You see with your own eyes, you hear with your own ears, and you know and experience the rising sun of a new era, paradise on earth."

"The Fivefold Path will inspire you and others and will lead you and all to perfection. The practice of Satya-Sanatan-Dharma, i.e., true and eternal religion, alone will lead you and all to the path of Truth. This is the religion which God Almighty Father preached the forefathers. All prophets at all times revealed the same Eternal Truth and expressed it in different languages. These are so called religions by law at present times. The Holy Bible protests the same expositions. You are the real protestant of the Holy Bible. The true and eternal religion is not a territorial one. Nor is it meant for any sect. It pervades all over the universe for all human beings whether Hindu, Christian, Muslim, Buddhist, Zoroastrian or of any other faith. The True Religion aims at the eternal bliss and elevation of soul."

"It is gratifying to note that the print shop has become ready to commence its job."

"It is up to you to follow the Fivefold Path accurately, precisely and unceasingly. Guidance of Vasant Paranjpe will be invaluable."

This was a hint that the Press was to be an instrument for this work, the magnitude of which I had no idea at the time. And Vasant Paranjpe's guidance was invaluable, which it has proven to be again and again.

We began selling commercial printing to help offset the costs of producing *Satsang*, paying for Parama Dham and 61 acres in Madison, and the costs of the books, travels, and other publications. 1974 and the years that ensued there was just no money to pay anyone. We compensated for our lack of skills and knowledge by devoting all our time to making the print shop work.

Some of the people who began with us in 1974, '75 and '76 are still with us today. Tom Dorfman, Mike Billian, Mike Davis and Allen Hatton by Grace have become some of the best craftsmen and professionals in their field.

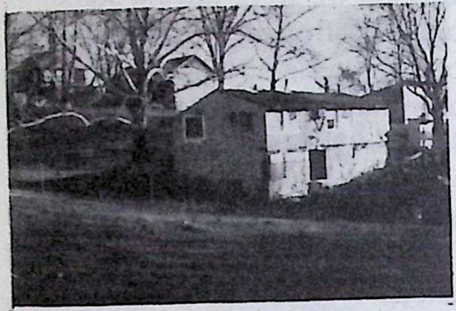
After a couple of years of spending so much time together we found we were having some troubles with people trying to get along with one another. I went to Vasant and asked him for his advice on this matter. He suggested we try keeping silence until 10 : 00 am and that we try meditating together at fixed timings. This was the beginning of the discipline program you may have heard about or read about in *Satsang*. It worked out so well we expanded it, so that we meditated one half hour after Agnihotra in the morning and evening, and at noon and 9 pm. We decided to meditate 15 minutes at 10 am and 3 pm.

We were also asked to fast on Mondays and to have a weekly Satsang meeting.

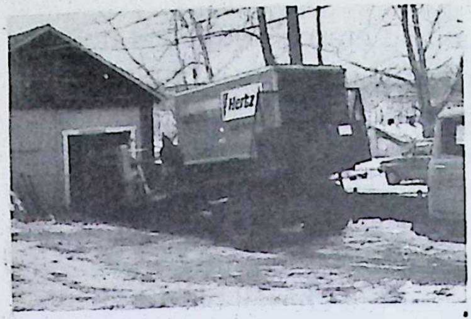
We were then told that other Yajnyas would be good to do, so we began with one hour of Om Tryambakam. That turned into four hours and finally 24 hours. We then decided to try to do 24 hours of Yajnya daily. This began September 9, 1978 and has continued since on the farm. The only thing that has changed is that we moved the location of the fire twice.

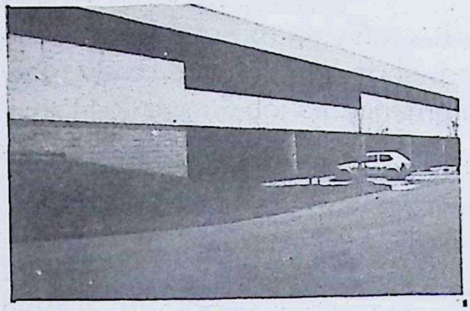
In 1978 we were told we had to get very serious about the business aspects of the press or the press would be no more

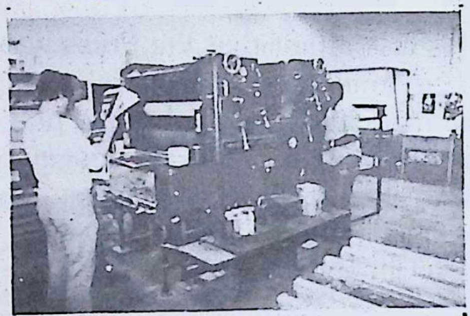
When the business first started we didn't even have a rudimentary knowledge of the art of printing. Our infancy was spent learning about printing and business in general. We decided to buy a printing press and do short-run, high quality printing. In doing this I saw a great potential market by having designers on staff with printing and typesetting. We began to thrive and build a reputation for having a very high quality shop.


Agnihotra Press, Inc. on the farm.

The print shop on the farm.


Moving from the farm to 1708 Whitehead Road.


The Woods Group, 1980.


The new print shop.

In 1978 we also began hiring professionals from the printing industry in an effort to make ourselves more efficient and competitive. Through all this, *Satsang*, the bimonthly newsletter was typeset and printed.

Many of the people currently doing work in various points of the world began at The Press.

In 1979 we started The Woods

Group, a graphic design firm. We did this because we found it was easier to get a high calibre of deisgn by the studio having its own identity rather than trying to market that service through a printing company. We also started a typography division called, "Characters, Faces of Expression," which was also supposed to be marketed independently.

After our efforts were fruitful but results sporadic we decided to do a market study and found by the same individuals attempting to market their services, with three identities, we were causing confusion in our audience. We decided to change the marketing philosophy and positioning of the company. We decided we were really a graphic design firm with typesetting and printing capabilities. We changed the name to The Woods Group, Inc., a communications consulting firm. We were instructed to retain the name Agnihotra Press, Inc., which we did.

All the professionals and management in our firm—totaling 75 persons—understand our objectives. They are interested in creating a business that has a nice atmosphere, with pleasant working conditions and nice people to work with. Our goal is to be the best and to create a company that is fulfilling for its employees.

Agnihotra Press, Inc., became operational again last month offering quick print services to the Baltimore-Washington marketplace.

The Woods Group, Inc., is now a graphic design firm with a typography and printing division. It is reputed to produce a very high quality product and is beginning to regionalize its market. It still produces all the literature printed in English and many other languages. It is an instrument for Shree's mission.

Many say all this is a miracle when in fact it is Grace Alone.

Aum

(US Satsang, Vol. XIII, No. 1, 1985)

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HOMA, BACKBONE OF NEW ERA

Ernest Collier
New York

The use of fire is one of the basic features of human culture. Its great importance to mankind, its intriguing majesty, the mystery of its powers, and its seeming capriciousness have made fire divine or sacred to many peoples. The word *'Sacrifice'* comes from the Latin word 'sacre' which means sacred. Thus, the original concept of fire purification—which became fire worship in later years—came to be known as *fire sacrifice.*

That fire is sacred is universal in mythology, and in practice it has often survived in highly cultured communities. In ancient Greece and later fire was considered one of the four basic elements, i.e., a substance from which all things were made. The other three were earth, water and air. One of the greatest Greek myths is the story of Prometheus, the fire bringer. The ramification of the human ideas about fire are tremendously complex, extending as they do into the concepts about light and the heavens.

Fire worship was universal in ancient days. Fire was the medium of commuication with celestial beings. Fire worship means worship through fire, purification through the agency of fire. Not worship of fire.

"The Hermitages of ancent seers, in days immemorial, were acting as generating stations of Divine power solely with the object of enkindling humanity to attain perpetual bliss. In that holy atmosphere these seers used to perform fire worship continuously. Experimentation and minute observation of results therefrom convinced humanity about the efficacy of such worship, whether performed individually or collectively."

"The significance of the three inputs of YAJNYA (Homa) was lost in the course of time but fire worship in some form continued to be practiced throughout the world. It assumed different forms in different times and yet the practice continued Prehistoric Cretons, Babylonians, Sumerians, Akkadians, Semites, Polynesians, Greeks, Jews used to perform this type of worship and called it sacrificial worship. Fudo Myows of Japan perform GOMA (HOMA) holy fire invocation to this day. Baku in U.S.S.R. had fire temples. In recent excavations in that country a part of Agnihotra Mantra was found carved in stone." (From GRACE ALONE by Vasant Paranjpe, published by Agnihotra Press, Inc.)

Homa fire purification has literrally burned a clear, illustrious path up through human history. It has been the Great Heralder of each advancing age. Quite frankly. until about 2500 years ago (a very brief time in view of this history) when offerings of flesh and blood of animals into fire were introduced, whenever there arose an individual or collective need to draw upon or harmonize one's own efforts with natural forces mightier than oneself or community, humankind without exception turned to Homa purification. Prior to this flagitious corruption of fire practices, which duly led to its demise, agnihotra, the basic homa, was prescribed for every household of the civilized world. It resulted in peace and prosperity for the family and surroundings. It had the potency to reconstruct favorable conditions for the performer.

The process of atmospheric purification through fire leading to purification of mind has been revived today. Agnihotra is that process. The first modern performance of Agnihotra, its revival after 2500 years, took place in Madison, Virginia in 1972 by that evolutionary force which incessantly propels the race upwards, or, Divine Will.

GRACE ALONE continues, "Homa has the potential to bring about the greatest of achievements. With the advance of physical sciences and consequent enlargement of human knowledge, the present is the most opportune time to resuscitate Yajnyas (Homas) in society. Frontiers of pure science are receding and the scientist is on the verge of declaring a new approach to the problems of life, creation, time and infinity.

"It will be easier now to acknowledge that the disappearance of Homas from society has robbed humanity of a potent weapon which is intrinsically an antidote to pollution besides being capable of generating an atmosphere which imprints the human mind with seeds of contentment and prosperity."

That Homa pyramid fire is the backbone of the New Age is declared on the back cover of SATSANG VOLUME ONE by Vasant Paranjpe : "The Sun Has Risen On A New Era." *(Publisher : AGNIHOTRA PRESS, U.S.A)*

And that society has evolved into the new era is readily seen in its most pronounced feature of personal and social transformation. Everyone, everthing, everywhere is in the midst of change right now. Flux is the business of the day. Transformation is the order of the

New Age, And since the present humankind has never experienced anything with the transformative power of Homa, its resuscitation was required today by the diotates of these times.

Humans are indeed in the midst of a great transformation. The expansion of consciousness into higher and wider areas of awareness i.e. human evolution will surely continue. After a dark, violent age, the Piscean, where pollution, among other things, were ignored for two millenniums allowing the environment and wholistic health to deteriorate to deadly levels and the species are now entering a millennium of love and light.

In the evolutionary scheme of things—where Natural Selection, Mutation in genes and Environmental adaptation play a significant role human need today is not larger biceps, slimer waistlines or shapelier hips; yet there is, for lack of a better expression, much old fashioned straightening up to do. The evolutionary requirement today is a broader, more comprehensive or enlightened consciousness and hence, a healthier, happier planet.

The New Age is now. It may be so called because of the unmistakable direction in which humanity is headed to-day. This New Age has brought with it a great shuddering, irrevocable shift in consciousness (a paradigm shift, if you will) that is not a new political, religious or philosophical system. "It is a new mind, the ascendence of a startling worldview that gathers into its framework breakthrough science and insights from earliest recorded thought," states Marilyn Fergusson in "The Aquarian Conspiracy."

The New Age, with Homa as its harbinger and backbone, is characterized by its emphasis on love, health and healing, and there is also a concomitant profound shift in individual awareness. At least these four aspects or areas are the forte of Homa.

Homa fire heals the atmosphere and hence the enviornment by replenishing it with nutrients of which it has been robbed by pollution.

Homa fire promotes the zenith of physical health by acting both as a preventive and curative agent.

Homa fire helps control the frolickings of the mind by enabling one to relax and become one-pointed

Homa gives the mind a powerful push in the direction of love by making it easier to see and understand other than one's own perspective.

Homa, when practiced regularly, brings it all together like a flexible, healthy spine, causing harmony throughout nature.

Humans, following the lead of physics, are on the verge of a quantum leap. Man is now on the brink of personal and social transformation from manlike to saintlike creatures. Total compassion, total love (no percentage there of) is the flagship of this evolvement, which is underscored by an automatic willingness to reach out to all others and be full of love at all times. Homa fire makes such a magnificent, forward leap not only feasible but also possible and smooth. Moreover, Homa fire accelerates this process as it sharpens the individual's power of discrimination between right and wrong and strengths the resolve to act on the pronouncement therefrom.

An ever growing number of systems (not all of which may be valid) have been introduced recently to foster a deliberate, New Age, change of consciousness. Many of these may be referred to as psychotechnologies. Some examples would include meditation, chanting, biofeedback, autogenic training, seminars of every description, an assortment of contemporary psychotherapies, countless body disciplines and therapies, e.g., Hatha yoga, T'ai Chi Ch'uan, aikido, karate, dance, bioenergetics, Applied Kinesiology and so on.

Be they mind, body or spirit oriented technologies, the evolution of human consciousness has brought into clear focus a fourth or another dimension of the human body—the ENVIRONMENT. The new Age acknowledges the environment as logical extension of human bodies, and it behooves the individual to seek to improve and maintain its health today with the same zeal and fervor reserved for other parts of the body. This is where Homa, that age-old succor of humanity which benefits simultaneously within and without, comes into widespread, global use, both individually and collectively.

Homa is etched forever in the deep recesses of the human psyche. At this very moment, recourses and useful memories tons old are brought back into their own consciousness by individuals practicing Homa on every continent and speaking every language. It is this bursting forth or mass practice of Homa that ushers in the New Age like no other single factor. Why? Because Homa completes what is required today, specifically, a material aid that heals the atmosphere while reaching into all facets of human behavior to allow the best of the individual to unfold.

The simple practice of Agnihotra at sunrise/sunset daily (which can be performed by anyone in any walk of life) which is the basic HOMA sets in motion a process that begins an upward journey for any individual. Because of its soothing, protective nature, possible difficulties involving the individual and the environment are eliminated in advance, thereby freeing one to focus more energy into elevating, dignifying service to others.

The New Age which is really the continuing movement of human history that has evolved out of the current advances, particularly technological, recognizes the ancient science of Homa as the healing tool for the modern world and also sees in its daily practice the capacity for total bliss.

How to get there when humans daily alter the face of the globe and without conscientious management individually this alteration is fatal for the species? The practice of Homa provides the clearest, safest, surest, quickest, and most often traveled path to higher knowledge and therefore to all answers. Having enlightened, nurtured, and otherwise uplifted humanity up through the ages, Homa is to the New Age what the spine is to the body.

(US Satsang, Vol. XIII, No. 4, July 4, 1985)

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HOME BIRTHING AND HOMA

Marilyn and Bill Rogers
Monroe, New York

(Parents who advocate the underwater birthing method say that it makes the birthing process easier, the heated water helping the mother to relax, thus lessening the labor pains. The process, first developed in the Soviet Union, is said to reduce the trauma of birth for the child, the birthing enviornment being almost identical to that of the womb. —Editor)

We were introduced to fire as a purifying element during rebirthing training at Consciousness Village beside a great cutdoor fire pit but it was on the occasion of our son's birth that Agnihotra and Homa significantly affected us. Bill and I chose to take part in the programs offered at an Ashram in New York State as preparation for the birth of our child. We are avid believers in the consciousness of divine life in the womb and truly immerse ourselves in communing with the baby in utero through water purification, conscious breathing, rebirthing and the use of water for delivery as a gentle way to share with the baby.

Coming to this place ahead of the due date comforted us and aligned us with our task of nesting for the birth. Little did we know how powerful the element of fire would be relaxing and harmonizing ourselves and our two other children so that the highest vibrations could influence us and surround us.

Agnihotra is the basic healing fire practiced in a copper pyramid. Before learning the Agnihotra Mantra, we joined a resident daily and found the fire's influence to be very profound. I recall the first time we inhaled the Agnihotra residual vapors, the effect was immediate as Bill purged and purged himself for a full day from a city diet we had been living on. The following day he felt wonderful. Our children regarded the Agnihotra, Sunrise/Sunset fire ceremony with awe and I felt bonded to them in a very new and special way. For me the new sensitivity to Sunrise and Sunset was energizing, humbling and healing.

I truly cannot explain what actually happens from Agnihotra and Homa because it is such a subtle experience in so many ways. All I know is that it makes a tremendous difference in how I percieve my world and so I know that much about it. For emample, on March 16th Jia Michael was born into a water tub at about 11 : 30 am. Mild labor began about 3 : 00 am. and soon afterwards Bill called the others who were helping us along the way.

At sunrise a handful of friends were with us and the Agnihotra fire was lit. The sweet smell permeated the rooms of our home; the beautiful chants comforted and relaxed us. Bill hugged me tightly below my waist which seemed to alleviate any sensations of pain and cramping I had from the labor.

At one point when transition was coming near. Bill walked into the meditation room to find a beautiful young woman lighting the Homa fire. Regina Parks, whom neither of us knew, began to chant and prepare Homa for what seemed like the most blissful and dreamlike labour I could have ever experienced. Between contractions I drifted into a nirvanalike sleep, which to this day, seems unexplainable because at the same time, my mind felt alert and aware.

Throughout the morning Om Tryambakam Homa Therapy Fire was going on and finally when we entered the water tub for delivering the child, still the kindred fire, which warmed our hearts and the beautiful voice of Regina blazed on. It was beautiful and eventhough the Homa was being performed two rooms away, it penetrated our senses.

It has been a week since the birth and the fire is remaining in our lives, an experience which seems to melt away anger, despair and unwanted habit. It seems to rejuvenate the power, the energy and the light of divinity. A dear friend who attended the birth asked me if she could have a tape of the mantras we played during the birth. She was deeply impressed by the chanting, not fully aware that it was a live session.

I recommend as part of conscious home birthing. It goes along well with the other wonderful benefits of having a hushand who participates fully, as Bill did, and friends who share in divine consciousness and who support water birthing and other natural healing methods.

(US Satsang, Vol. XIII, No 4, July 4, 1985)

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From Vasant's Correspondence

Never cast blame on anyone. Firstly you do not know the reasons why a thing occurs. So you are in error to blame other person. Secondly when you point the finger in blame away from yourself you are actually telling yourself an untruth. For every action there is reason for it. So what you see is only on the surface and further complications when you seek to blame others for events you may yourself be responsible for. Let the Almighty decide who is to pay what price and that has also already been decided.

You have thrown away chances but again they are given.

Just try to be humble. Forget the ego. People will want to serve you if you have that humility. Then the Light will shine in your eyes again. So much has been given to you.

In domestic situation relationship between husband and wife has to come first. Then house cleaning chores and other things will follow in natural order. If that love is there first and foremost then you will naturally seek to help the other person. So let it happen naturally. You do as much as you can on your own, then see what comes when you are silent and not dictating the situation. It will come.

Take your problems apart. Step one, step two, like that. You have the tendency as do most people to-day to find some problem and instead of solving it in a resonable manner you think of everything else that is a problem and multiply that ten times. It is not necessary. Take one thing at a time and the solutions nearly always come reasonably simply.

Strife will be apparent in even best of neighbourhoods. Anger is so close to surface. We must be so humble. We must rid ourselves of the angry ego. If we must be harsh then we must do it with total love just I was harsh with you. Now already in short time you are showing improvement so I need not be so harsh with you. Now we can get the work done. Ego prevents this. Ego delays this. Try and try again. You will be rewarded tenfold as you are told.

Cast no stones; for the same stones that you cast will be cast back at you.

There is so easy way put but practice all disciplines and people will be drawn to you because of your spiritual development. People are not drawn by a person's looks or personality for long. What holds them is what comes from within. You have the awareness and blessings of Divine guidance. Let THAT strengthen you rather than outer influences weaken you. If at any time you feel drawn away from this than you can come here whether I am here or not you come and just talk with other people on the Fivefold Path.

Be grateful for every situation because in each there is a lesson to be learnt.

Yes, suffering does become less because joy becomes more, the joy of love and devotion.

Tapa is always required. Even I must perform Tapas everyday. Through Tapa the mind and body are made strong.

A person also passess through many stages on the spiritual path. These may include difficulties, loss and 'Soul Searching'. This is like weeding the garden. Only the strongest plants will survive.

(US Satsang, vol. XIII, No. 4, July 4, 1985)

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THE FIVEFOLD PATH

1. YAJNYA : For purification of the atmosphere. (Agnihotra is the basic YAJNYA tuned to the biorhythm of Sunrise and Sunset which brings nutrition and harmony to the atmosphere)

2. DAAN : Daan is sharing your assets in a spirit of humility. This reduces attachment to material possessions and removes tension from the mind.

3. TAPA : Become better managers of your energy expenditure. Tapa trains the mind to be full of love and compassion.

4. KARMA : Do all actions for self-purification.

5. SWADHYAYA : Who am I? What am I here for? Search for this leads to liberation. Truth makes you free.

This is the FIVEFOLD PATH of Vedas given for happy life on the planet. All Divine messengers, all Avatars, saints come to reiterate the same message in different words.

Fivefold Path is KRIYA YOGA. The first two aspects are material aids which gave a turn to the mind in direction of total love.

(US Satsang, vol. XIII, No. 4, July 4, 1985)

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From SATSANG Correspondence With Germany

Paramadham
Madison, Virginia

Dear Dr. . . .

. . .At present, four batches of teachers are being trained to spread the message of the Eternal Principles of happiness which is the Fivefold Path. Besides this, several mind training classes are being given in the states of Maryland, Virginia and Washington, D. C.

For those who have eyes to see, it is crystal clear that the patrimony of the human race on earth is being enriched with the capacity being given to the common man to make an ascent to Divine consciousness. The sun has risen on a new era and the manifestation of our Divine heritage is more clear.

Truly speaking, there is no such thing as Self realization. Self is there, so what is to be realized? All spiritual practice aims at purification of the instruments called body and mind so that the Light within shines. The veils of desire prevent the Light from manifesting.

Generally speaking, we may say that human mind is an interplay of desires. An unfulfilled desire puts a burden on the mind and we feel something wanting. This sense of wanting is exactly the opposite of fulfillment.

Everyone is in search of happiness. To put it in crude and simple language, one might say that this search for happiness is, in fact, an aspect of wanting to go into state of ANANDA (Bliss). Spiritual practice (SADHANA) means giving scientific means to usher our-selves into this state of permanent bliss.

The first thing in SADHANA is mind purification. The life of an average person is centered around himself, family, profession, hobbies and amusement. He has to learn to get rid of the grooves in the mind made by his habits. The body and the mind resist his efforts to do so.

Mere resolutions to change his ways are not enough. They have to be backed up by resolute practice. Good thoughts have an effect, but when they are translated into action, a mecanism starts operating in the subtler realm and this reinforces our will power. Thoughts and action act and react, that is, they affect each other.

By practice of spiritual SADHANA we go from knowledge to wisdom. Wisdom shows the relationship between various facts gathered by the intellect. Without this relationship between various facts gathered by the intelect. Without this relationship the facts may not be of much use in our journey towards unfoldment of the Divine within. The aim is "Not my will but Thy will be done". Evolution can be escalated by adopting methods which lead us to this state. This is spiritual SADHANA. Thus, SADHANA is the means which culminates into an end.

A little thought will convince us that what is left to us is only to do good Karma. This Karma has to be done without attachment. It is easier for an average person to practice "offer the fruits of actions to the Master, Divine incarnation".

In short, one might say "take care of your Karma and the rest will take care of itself". Thought precedes action and hence, purification has to reach the thinking process. Later on a time comes when the only work left to the intellect is to sign its own death warrant. We reach a stage when we come to know instantaneously what is the right thing to do in every situation in life. Not only do we come to know but our will is strengthened and our capacity of action is fortified. In one way it is illogical to say that will is strengthened because will is the motive power for action. Each one of us can access to this infinite voltage of Divine Will and hence, it is not truly a question of strengthening the will but of making the potential power kinetic. Spiritual SADHANA is the method to make this potential power kinetic. Hence, the time required differs from person to person. It depends on the previous impressions which is the resultant of past actions (including past lives), intensity of effort in present life, etc. The fivefold Path which begins with AGNIHOTRA, the method of purification of mind through the agency of fire, conveys the Eternal Principles of spiritual SADHANA.

Spiritual SADHANA means transformation of the mind. The first experience is liberation from the harrassment of a troubled mind. With some progress in the SADHANA we come to know the evanescence and illusoriness of the world. We feel that there is nothing truly secure in this world. Many times this creates a sort of void in the mind leading to dispair. As this knowledge becomes more an awareness we feel the void more and more. It is very important that we have something to fill the mind with at this stage. It can only be a Sadguru (Perfect Master) or Mantra given by Him or someone who is specially blessed to give it.

Mantra is like a living seed which has to be nourished with discrimination. Along with it transmission of power takes place. It is something personal. Because it is a living seed its practice releases a self-acting mechanism which polarizes our energies and sensitizes the instrument of the body and the mind. Constant repetition of the Mantra by the second mode of speech (mental) brings about the transformation of the mind. What is required is only faith in the Mantra and the source from where it comes. Even a highly developed spiritual person is not supposed to give Mantra to others unless he is blessed by a great Master to do this work. When Mantra is given in this fashion, no other spiritual SADHANA is required. Constant repetition of the Mantra takes care of our Tapa (self-discipline) to reduce the six crocodiles that trouble us.

AGNIHOTRA and DAAN, the first two aspects of the Fivefold Path, are material aids to Divine unfoldment. These two and repetition of Mantra are enough SADHANA.

People mistake charity for love. There are thousands who are spending their time in the service of their fellow man but they do not make much spiritual progress. Why? Because they have not learned to do this without self-centredness which revolves around the personality. If we get into the habit of offering all the fruits of action to the Lord we avoid this danger and then each one of our works is transformed into worship. AGNIHOTRA gives a push to the mind to go into this pattern.

In spiritual SADHANA one better start at changing the habits of which mind is a slave. Action and thought act and react. Mere good thoughts may not be enough if they are not translated into corresponding action. No doubt good thought can precipitate good action and good action sets thoughts. This is how thought and action act and react. However, a beginning has to be made to change the habit pattern which we think is not in harmony with our purpose. The highest purpose is unfoldment of the Divine within us in this very life, in fact, here and now.

Sense data comes to us through the five sense organs and we automatically make an evaluation of that data. Our evaluations based on the previous impressions stored up due to past actions in this life and previous lives. This evaluation of the perception of sense data leads to reaction of the mind to the circumstances outside. Happiness depends on changing the reactions of the mind to circumstances outside and hence, it is worthwhile to make a note of the factors which determine the reaction. Cognition, volition and habit patterns of the body and mind are the three factors. To use the terminology of ancient Yoga psychology, three types of powers are described :

1. Jnyana SHAKTI (Knowledge power)
2. Ichha SHAKTI (Will power)
3. Kriya SHAKTI (Action)

Our cognition has to be correct. This means it should come not only by knowledge but by wisdom. Our will has to be manifested in tune with the Divine Will. Our action has to follow from the new patterns of life which we have learned by practice of SADHANA. If you examine the Fivefold Path given through the ancient Vedas you will see how beautifully it takes care of all the above three factors. AGNIHOTRA, if practiced properly, has the potential to bring about the transformation of the mind which reduces the necessity of other hard practices.

It does not require much will power to do the right thing if the person is wise. If somebody offers us nice and tasty food but we come to know that there is a drop of poison in it, it does not require much will power to reject that food. Similar is the case with a man of wisdom. When he knows that the law of Karma, that is ths law in the superphysical realm, is as true as other laws in the physical realm, then he will do only the Right action. With a mere intellectual, many times we find discrepancy between thought and speech and action. With a man of wisdom it is never so.

Before one starts even thinking about SADHANA there has to be an urge to practice it, "Who am I? What am I here for? What happens when a person dies?" These are some of the thoughts that come forth and make the ruge to seek the re-linking with the Divine within us. This urge is called different reasons. However, when it comes it is our duty to consolidate and intensify this urge. The ruge may come consequent on various calamities that one may have to face in life or it may come due to saturation of comfortable worldly conditions. What is important is that the urge is there. After this urge we should take care to practice the spiritual SADHANA. The practice intensifies the urge and the urge purifies the mind. AGNIHOTRA is a great aid at this stage. The intensity of this urge and the practice of SADHANA act on each other. A new force is released which galvanizes all the potentialities of mind and intellect and the journey on the Dvine Path becomes facile.

Hence, the SADHANA is as follows:

Practice of AGNIHOTRA.
Practice of DAAN.

Continuous repetition of Mantra
Constant vigilance that our actions are in harmony with our purpose.

One resolution in life:

"If someone says something to me which is unpalatable or which makes me miserable, my first reaction shall be, 'It is Divine Will'."

One should say to himself that perhaps he is reaping as he has sown. Then the other perosn merely becomes the last instrument to wipe out a previous bad Karma. There is never a question of getting angry. If we practice this, the whole attitude to events in life changes and the world looks different.

The Upanishads remark, "Those who are ignorant move in darkness. Those who are learned move in greater darkness." Practice of spiritual discipline immediately convinces us that if one goes on acquiring knowledge from various branches of science the whole lifetime is insufficient. Let us acquire knowledge about things that we think may be necessary and useful in our work. However, what is more important is sharpness of intellect. A sharpened intellect may dip in any subject when the need arises and can grasp easily all that is necessary.

Anything that tends to infatuate pride is certainly taking us away from the spiritual Path. Humility is the hallmark of a spiritual seeker.

It was my privilege to meet you during my tour of Germany. It is rare to see in one person humility, intelligence and intensity of purpose to tread the Divine Path (DEVAYAN PANTH) and I say it was my privilege to meet you.

(US Satsang, Vol. III, No. 13)

Yours,
In His Service
Vasant

— — —

AGNIHOTRA and the Fivefold Path Story of the Generation Gap

Joseph G. Moore
U.S.A.

A Parent and His Son

A sensation which is like a warm spring rain after a winter snow is a feeling I felt one evening in the apartment which I shared with our son in Maryland last spring. As parents we desire the best for the son that Master let us have but some of the desires of the parents are not the wishes of the Master or the son. As a father I try sometimes to instill my desires and not the wishes of the Master. I wanted my son to be great. But, then I started observing the work of the Master in respect to our son and our wishes. Our son is great; he is a person who loves all the good and great things of life and trys sincerely to share them with others, his parents too.

I listened to him, I watched him, his actions and as I sat performing the Mantras both morning and evening, a feeling of being relaxed and being at ease was soon mine. Observation kept telling me the life our son was showing us was the true and only way. "Unless you become as a little child", and "Love thy neighbor as thy self" was the theme.

After some vain attempts to commit the Mantras to memory, success finally came. As he worked one shift and I worked another, there were times when I was by myself in his apartment. On one of these evenings the date I do not recall, I came in and took a shower and prepared to make the evening AGNIHOTRA. I felt really good, like some people say twenty years younger. A warm feeling seemed to flow over my body and I felt really good and to this day the feeling is still there. I may be at times physically tired but spiritually the Master's guidance remains. I found that element of greatness which I thought was missing from our son. I did not at first see it in our son. Showing his love and respect of the parents that love him; he has found the way and comes back to get us, mother and dad.

(US Satsang, Vol. III, No. 13)

A Son and His Parent :

One evening I received a call from my dad saying that he had been relocated to work in the Washington, D.C. area for a few months. After talking to him I knew immediately that Master was granting me the high privilege of teaching AGNIHOTRA and the Fivefold Path to my dad. The experience was a Blessing beyond words.

At one of our classes two years ago, Vasant said, "The task is very simple, to get the yearning for Him; if the yearning is already there, it is to be consolidated. What is required is TOTAL SURRENDER, TOTAL DISCIPLINE and UTTER LOVE." So together, no longer as father and son but as devotees of the Master, travellers on the Divine Path, both of us worked together to consolidate these three Divine requirements : surrender, discipline, love. Jesus once said,

"He that loveth father or mother more than me is not worthy of me; and he that loveth son or daughter more than me is not worthy of me."

So, through giving all to Shree and totally following the teachings of the Fivefold Path of the Vedas we find that as Master's instrument He may draw anyone through us, even father and mother. (US Satsang, Vol. III, No. 13)

Blake

* * * * * * * * * * *

NONI'S SONG OF SHREE

You must remember what you do
You know that Shree will bring you through
It's not what we say bet we do
Remember, remember
Only when we live with Shree
We will find true joy in life
He'll be a friend until the end
Remember, remember
Time is now, To live your life each day
There is no better way
Time is now, for Master is the way
He is the only way
Time is now to do your best
Time is now to join the rest
For only what we do, what we do for love
Will last
Time is now
To give your life
Each day
There is no better 'way'
Time is now
To give your life
Each day
There is no better 'way'
Time is now
To do your best
Time is now
To join the rest
For only what we do
What we do in love
Will last
Only, only what we do with Shree
Will last
Only, only what we do with Shree
Will last

(This poem is composed by Mrs. Noni Ford of Agnihotra University, Washington D.C. U.S.A. on March 3, 1983.)

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Bharatiya
Satsang

August 1985 NEW ERA 42 Vol. VI, No. 3

AGNIHOTRA AT DOWSER'S CONVENTION

Jerry Hodges
USA

(At the invitation of Advanced Sciences Research and Development Corporation, this writer was asked to speak at the seven continent Dowsers Group Spring Convention. Dr. T. Galen and Dr. Sarah Hieronymus were keynote speakers for the Convention held May 24 thru 28, 1985, in the suburbs of Chicago, Illinois. The following was presented)

Ladies and Gentlemen, scientists around the Planet tell us that there is a dire emergency on this Earth. It is very difficult to pick up a newspaper or news magazine and not find some reference to ecological imbalances. Acid rain, dying forests, polluted water and atmosphere, chemical spills and resulting deaths and diseases are the general nature of the specific circumatances being reported.

An official of a renowned conservationist organization, the Audubon Society recently told me that there are 2,000 species disappearing from the face of the Planet every year. There have been reports in the past few years about the dying forests in Europe, especially along the German Czechoslovakian border. The latest reports indicate that all the trees will be completely wiped out within five years. Now scientists from the University of California at Berkeley and the World Resources Institute report that our own forests are threatened similarly.

The cry of concern is now being heard more loudly everyday. Our very lives are at stake. We hear of attempts to clean up this and that chemical dump or this and that waterway.

More more attempts are being made to control the spread of pollution through legislation but certainly nowhere near the effort necessary to halt this annihilation of life as we know it is made. Even if all pollution were stopped this very moment how long would it take to correct the imbalance that has already been set in motion. Very few realistic methods have been suggested to deal with the restoration process.

As for clean up of the atmosphere, I have heard only of one method other than *Advanced Sciences Research and Development Corporation's* manipulation of eloptic energy and that is why I am here today-to share it with you.

As you know, atmospheric pollution exists due to the improper combination of material substances in fire. Through the agency of fire, these materials are transformed into the more subtle form of gaseous substances. We all know the disastrous results that some of these combinations can produce.

Some years ago, I met a man named Vasant Paranjpe who told me of an ancient process that could heal the atmosphere by combining certain organic substances in fire in addition to following specifically prescribed disciplines. Quite frankly, at the time it seemed very strange to me and I did not pay much attention to it. But I did put my name and address on a newsletter mailing list and began to follow some of the explainations of this process called Agnihotra which is said to have originated in the Vedas, the ancientmost body of knowledge known to mankind and transmitted through "*seers*" in Sanskrit, a language that has never been the mothertongue of the people of the Earth and which is the mother of all the European languages.

So after a year, I decided to experiment with it. It really did not matter to me where it came from. I was just very curious as to what effect it would have. Needless to say, I did not think I would end up repeating this process over 7,000 times in the past 10.5 years.

The first times I did Agnihotra, the experience was astounding. I decided that without experimentation, I would just try to tune into the atmospheric changes that this fire may cause, so I observed through a meditative state. As a person who has been practicing meditation I would typically sit for an hour and as the experienced meditators know, after such a period you generally experience a certain depth of peace or change in condition. Well, in the first three minutes I reached the same depth that would normally have taken an hour for an experienced meditator.

I continued this same procedure

in accordance with the instructions given, using a small copper pyramid at the exact timing of the biorhythm of Sunrise and Sunset for several years. Not only did I observe the change in the atmospheric conditions around me in the areas of experimentation, but I noticed very subtle changes effecting the psychosomatic condition of my being. The specific mantras given to be uttered at the precise time of Sunrise/Sunset in combination with pyramid fire were having a very definite effect upon the etheric body. This in turn seemed to bring about a change in the mind's reaction to all circumstances. Upsettings and anger disappeared and a more peaceful existence began to be experienced along with a deep sensitiveness to other kingdoms and elemental forces.

After all of this, I became much more interested in encouraging others, especially scientists, to experiment using whatever instrumentation was available to document officially what I was experiencing and to extend the area of research.

A group of individuals in the mid 70s formed an organization called *Agnihotra University* for the specific purpose of disseminating information about this process and aiding experimental developments. This organization is acting as a networking centre for sharing the results of experiences of people. I would like now to share some of the more interesting experiments documented to date.

In January 31,1975, Dr. A. G. Mondkar of Shri Clinical Laboratory, Bombay, India conducted an experiment on the effects of Agnihotra on aerial microflora by taking readings on microorganisms before and after Sunset on this date. His conclusion, published in Satsang, September»82, states:" *There is a definite reduction in the aerial microflora after performing Agnihotra."*

Again, in 1984, Dr. Mondkar conducted unpublished experiment in the growth of plants and concluded the following: 1) Plants grown in Agnihotra atmosphere were taller than those grown without Agnihotra atmosphere.2) Plants grown in the soil with Agnihotra ashes were taller than those grown in soil without Agnihotra ashes. 3) Plants grown in the dark were taller than those grown in natural sunlight, however, the comprative growth observed in the case of plants grown without Agnihotra atmosphere was not appreciable. 4)Leaves of Plants grown in dark were yellow. On exposure to sunlight, leaves of plants grown in Agnihotra *atmosphere turned green within two hours, whereas those of the plants grown without Agnihotra atmosphere remains yellow. 5) Agnihotra atmosphere, in addition to Agnihotra ashes, plays an important role in the growth of plants.*

On June 26,1983, the Advanced sciences Research and Development Corporation, Georgia, counducted an experiment by monitoring eloptic energy changes on plants and human participants.Doctors Sara and Galen Hieronymus and myself along with Jade, Begonia and Geranium plants were subjects in the experiment. Specific categories measured before and after Sunset Agnihotra included general vitality, adrenals, heart and chlorophyll. The measured result showed a significant increase in nearly every category. This experiment has been repeated several times now and the results have been the same i. e. 99to 100% increase in the vibrational intensity of selected category of measurement. Conclusion: *The process of Agnihotra has a very profound effect on life force.*

In February 1984, Advanced Sciences conducted another experiment using Agnihotra ash. Using Doctor Galen's cosmic pipe invention, the following procedures were used : First, the leaf of a shrub outside the laboratory was taken and general vitality was measured and found to be approximately 250, which is in the normal range. Next the cosmic pipe was activated and again the plant's reaction was measured. Vitality increased to 500. Next, an herb reagent was inserted into the pipe and vitality increased to 700. Finally, ash from the morning Agnihotra was increased as a reagent and the vitality doubled to 1000 points. Conclusion : *Agnihotra ash is one of the most powerful reagents discovered in the use of psychotronic devices.*

In March of this year I gave Agnihotra ash and a tape of the Agnihotra mantras to a blueberry farmer in Arkansas named Mark Mohler. Mark is a research Associate of *Advanced Sciences Research and Development* and is highly regarded for the innovative work he has pioneered. Two weeks ago, I received a report from him about an experiment he had conducted. It seems that a couple of nights in April he had concern for his blueberries due to a predicted hard freeze. In an effort to protect his berries, Mark inserted Agnihotra ash into his cosmic pipe, transferred the mantra tape recording given to him onto a continuous play tape, and hooked his taperecorder into his psychotronic device. All during the night the continuous mantra tape was broadcast to his blueberries. The temperature dropped to 20° F and left everything covered with a white frost. His blueberries were not hurt. He reports that the berries are bigger than ever.

The most recent experiment comes through Barry Rathner, an American mental health practioner who has been studying in India for the past few years. In April this year he was in Tokyo, Japan, to meet with Dr. Motoyama at the *Institute for religious psychology.*

As you know, Dr. Motoyama is renowned for his work in collecting physiological measurements in response to changes induced through the etheric forms of energy by monitoring biofeedback instruments. He further devised an apparatus for measuring the functioning of the meridian and the corresponding internal organs and an instrument for measuring the electric field surrounding the body, the so called Chakra instrument.

Mr. Barry Rathner participated in an experiment whereby a certain mantra was repeated for 20 minutes along with a prescribed copper pyramid fire for healing, Yajna which is the technical term used in ancient science to describe the use of fire to bring about specific desired changes in the atmosphere. The process we have been referring to as Agnihotra is the basic Yajna. Measurements were taken before and after on what is called the Anahat Chakra. The reported result was that the Anahat Chakra reflected a similar condition that exists after a psychic healing such as a laying of hands.

What does all this mean? It is becoming increasingly clear that we as manifestation of life force are being threatened and our existence itself is at stake. We must induce changes into the atmosphere that will allow the trees to live. As you know, without trees and plants, there is no oxygen. Air pollution conditions are getting so bad at certain times that we are warned to stay indoors. It could very well be that a time will come that a terrarium effect will have to be established in our homes. Agnihotra and plants may very well be the vehicles.

If in fact Agnihotra can eliminate air pollution and restore the balance needed for survival of plant life, then there may be chance for us if we do this on a mass scale. We encourage to get all of you to experiment with this process and report your findings. You don't have to be an expert in physics to observe changes within your being.

A demonstration of Agnihotra was given on the evening of May 26th and interested persons were taught mantras for the practice of this process.

(US Satsang, Vol. XIII, No. 5, July 18, 1985.)

Note to Radionics/Psychotronic Practioners and Experimenters

Through experimentation you now know the power locked into the residue from performance of Agnihotra, i.e. Agnihotra ash. Please understand that only through the direct performance of Agnihotra can this power be obtained. Total energy patterns generated from direct performance of Agnihotra cannot be captured. Through consistent performance, healing vibrational energy field are vortex expands to cover large areas, with primary concentration being near the copper pyramid and it will contract through non-performance.

Some of you have also now experimented with and know the power of the Mantras. Only through following prescribed disciplines is the full effect manifested. Only through personal performance you get the full effect which includes intensifying and purifying energies so that higher consciousness "dawns" allowing you quicker access to information to further your work.

Toward validating this, you may want to monitor changes in the Chakra system. The following centres and corresponding rates are given for your convenience : 66-56 Sacral;66-22 Spleen; 67-16 Solar Plexis; 60-66 Cardiac; 28-37 Thyroid; 10-60 Brow; and 35-56 Crown'.

A recent experiment in Tokyo, Japan, by Dr. Motoyama using his "Chakra instrument" for measurement before and after performance of a Yajna for 20 minutes reflected similar changed condition that exists after a psychic healing such as a laying of hands.[1]

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[1] Hieronymus, Galen T., *'Eloptic Directory'*, p.234

US Satsang, Vol. XIII, No. 5, July 18, 1985

HEAL THE ATMOSPHERE ASSOCIATION

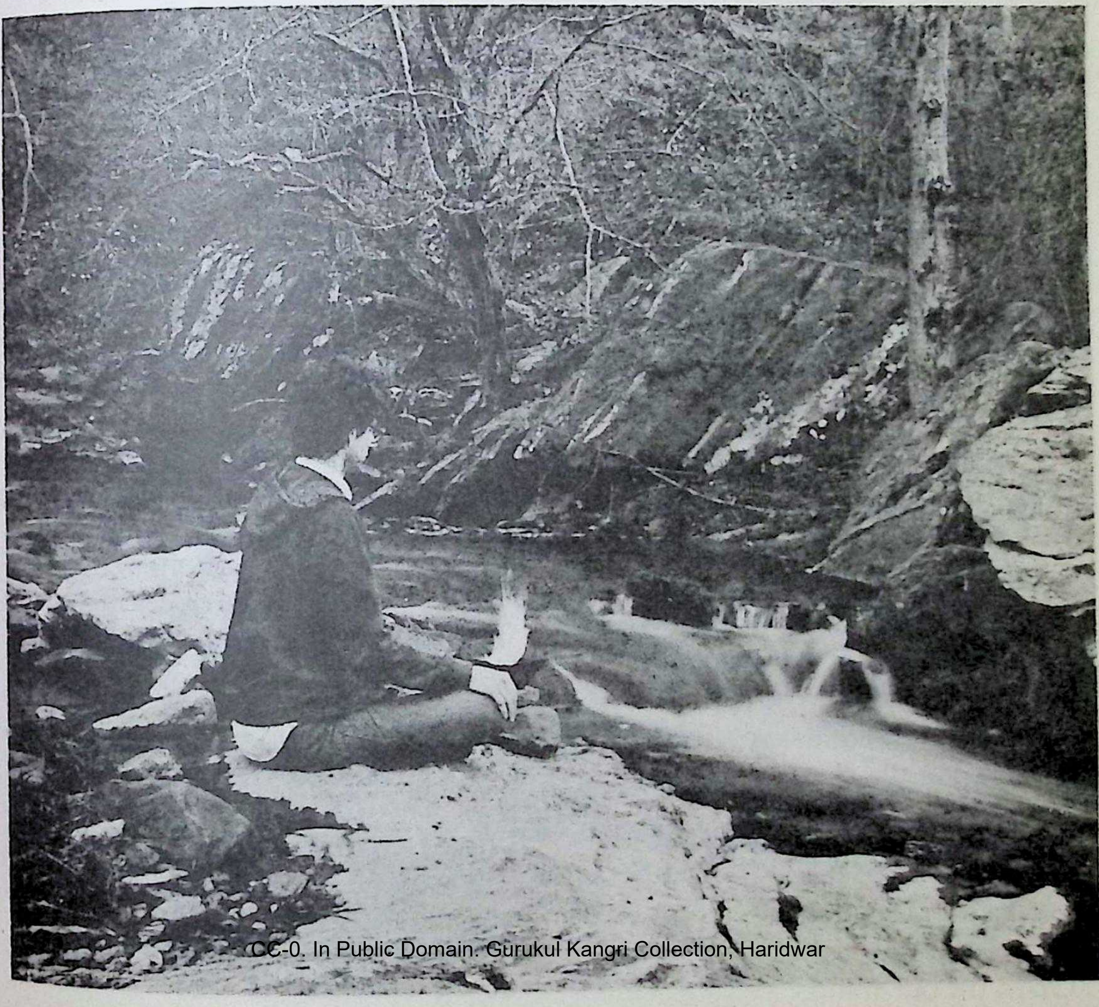
Charles Davis
USA

Heal the Atmosphere Association is formed to focus public and governmental attention to the effects of environmental pollution with a view to find solutions to the multifarious problems caused by pollution. We support scientific investigation and public awareness of the Science of Homa Therapy.

Homa Therapy introduces purification and fumigation processes related to the science of Medicine, Bacteriology and Bioenergy given through the Vedas.

We, the members of Heal the Atmosphere Association beseech the government and scientific community to divest themselves of prejudices and fears. We ask them to use their technology and know-how to further investigate the techniques and processes of Homa Therapy. Sometimes the solution to great problems comes from little-known sources. (Did not David slay Goliath?)

We are living in days of air pollution alerts when cities such as Baltimore, Maryland and Charlotte, North Carolina have been advised of breathing "at your own risk". We have noticed how Nature seems to run rampant with vicious heat waves, cold waves, earthquakes, floods, droughts and tornadoes. It is common to hear



people say that they had never witnessed such extremes before.

The science of Homa Therapy tells us that any change in the atmosphere affects the mind and that any disturbance in the ecosystem terribly disturbs the harmony of the energy cycle of the planet.

We hear of people having been told to stay alert when chemical leaks filter into the air affecting all biological functioning.

Experiments conducted by Heal the Atmosphere Association, Baltimore Family Life Center and several others measuring the effects of Homa Therapy on the growth and development of plants, mentally retarded persons, senior citizens, children, the chronically ill,show a direct connection between atmospheric purification and positive life experience.

Let us all join together in the quest to have Homa Therapy investigated thoroughly. Although it is ancient it works. We seek neither name, fame nor financial gain. The truth is powerful and truth is by practice of Homa Therapy techniques we experience the Grace of freedom from tension which is an achievement in itself.

Let us join together,
As it must be
Open up our minds
So that we can truly see
With Agnihotra fire
Tension withers away.
May this message of Love spread
May Grace be unto all.

***

From Vasant's Talks and Correspondence

Life patterns of everyone are beginning to change. No one can stand the pressure any longer. It is felt from all sides. The least little things can touch a person off. The discipline as observed at Agnihotra Press helps one to cope better. Performance of Agnihotra gives a push to the mind in the direction of love.

Those that are now taking drugs, smoking pots and drinking alcohol will soon be surprised to note that these substances begin to have an aggravating effect on the nervous system, not only after but also during the so called 'high'.

We do not wish to convince anyone of our power or the effectiveness of the Path we teach. If those of you who doubt us wish for an answer you will have to find it elsewhere. This means if there are doubts in the mind our answer is the same. We do not wish to convince you or reassure you that what we are or what we say is truth. Your doubts you have to find an answer to and then make decision based on what you find to be truth.

We have come for deliverance from evil and for freedom from evil, for TOTAL LOVE as embodied in teachings of Fivefold Path. Our duty is to teach these all over the world.

This is a bad time for the whole world. So much trouble. You see more and more abuse of children. You see more domestic violence. Greed and avarice is taking its toll. We have come upon an age where it is more important to make money and get ahead than it is to be a loving person. Still we can do both and be successful but more and more greed takes over and the kindness evaporates.

Dreams fall into different categories. Some dreams are direct instructions-dreams in which you are told what to do; guidance is given by Higher Power. Then there are other things which come into play; your fears & desires, past Karma and symbolic dreams. Not everything needs to be interpreted. When meaning is required you will get it.

About your dream of a nuclear war, it is a measure of what is coming but it will be stopped.

Much trouble can be averted by just simple humility and this can come so easily to you. Just do all meditations and be loving with everyone you meet. Make the effort now and again so much can be given to you. Begin with your husband most of all. Then and only then will he again feel love for you. You push him away. Now just be humble.

(US Satsang, vol.XIII, No. 5, July 18, 1985)

Bharatiya Satsang Correspondence

Dear Editor,

Thank you very much for your Agnihotra Copper pyramid which I received on July 13th. I have already started performing Agnihotra regularly. Thank you again for the specimen copy of *Bharatiya Satsang* which is simply fantastic! This is the type of magazine I was looking for. It appealed to me very much. Kindly confirm that you have accepted my subscription for Bharatiya Satsang.

D. D. Madiman
Bangalore, July 23, '85

Dear Editor,

I have a 21 years old paralysed, physically crippled, dumb sister. This took place when she was 9 months old and since then we have tried our best.

Can you help/suggest us some improvement at least for which we shall be ever grateful?

Capt. Rakesh
c/o 56 APO, May 5, '85

Reply from the Editor:

Dear Capt. Rakesh,

Thank you very much for your letter dated 18th May. I am sorry I could not reply in time.

As you are aware we are living in an age wherein pollution has reached its highest. You will find the same quantum of pollution in the Himalayas as in any part of the sub-continent. The effect of pollution on the physical body is accepted in the form of various diseases while that on the mind is under study. There are certain visible proofs that pollution is causing mental disorders in human beings.

Your sister is equally exposed to the evil effects of pollution. Unfortunately she is not in a position to express what she suffers from. It is our bounden duty to help such souls who are the victims of ill fate.

Agnihotra is being practised in the west as an antidote to pollution. Agnihotra pyramid fire purifies the atmosphere, prana and mind. Healing therefore takes place both on the physical as well as the mental aspects of the humans. Thus Agnihotra healing is wholistic. It has been proved that many cases suffering from physical and mental disorders are cured by the regular practice of Agnihotra. My humble request to you is that Agnihotra should be performed regularly near the bed of your sister and you will notice in course of ltime symptoms of improvement in the health of your sister. Any member of your family should share the responsibility of performing Agnihotra in the above way. Please give a thought to my suggestion and start the experiment and inform me regularly about the progress in health of your sister.

Dear Editor,

Enclosed please find a bank draft favouring you for Rs. 25/- for a year's subscription of *Bharatiya Satsang.*

Can Homa Therapy help in eye disease? I had retinal Detachment Operation in left eye and laser treatment in right eye. Though I am o.k. but have to get myself check up every 3 months. Can any specific therapy be helpful? I also need a bit of self confidence and boosting up of morale.The environment in which I live is at times depressing. I feel being surrounded by the enemies

Please suggest some remedy. Can I come to Shivapuri if it can at all help.

O. P. Bhardwaj, New Delhi

Reply from the Editor on May 28, 1985

In the first place be a regular and

punctual in doing Agnihotra at Sunrise/Sunset. Half a minute prior to giving oblations with the mantras into the fire put some cow's ghee into it so that there will be a flame which can last for sometime after the completion of Agnihotra performance. Stare at the flame till it is extinguished. Then try to gaze at the tip of your nose. If your eyes are strained then keep your eyes closed for some time. Again try to concentrate on the tip of your nose. Remember you should always try to sit erect while performing Agnihotra. After Agnihotra always try to sit in meditation for at least 15 min. By this way you will be benefitted by the post Agnihotra healing atmosphere.

About self confidence and boosting up of morale there are many cases of individuals whose confidence was restored within few months after they started performing Agnihotra regularly. Agnihotra removes depression gradually. Positive attitude is created within yourself thereby you develop courage to face any situation around you in a constructive way. The negative tendencies of your mind are also substituted with positive tendencies. In course of time your feeling that you are surrounded by the enemies will fade away. Please try to follow the above suggestions and let me know the results. With best wishes and love.

AGNIHOTRA IS THE CURE

Date : July 15, 1982
Source : US Satsang, page 8

"Gonorrhea will run rampant through S. E. United States. Drugs won't be able to cure it. It is only through Homa and Agnihotra ash that a cure will come. It is all Shree's grace."

Note : Two briefs on the same subject-outbreak of gonorrhea in southern United States. Satsang projected in its section, *"Shape of Things to Come,"* the outbreak of drug-resistant gonorrhea. Now, nearly three years later, the *Washington Post* article reports findings of Ken Sharp, supervisor of Dade County's program for the control of sexually transmitted diseases. Comments by the Editor : Agnihotra is the cure. The facts are Statistics are alarming may be underreported. The disease is epidemic. The disease has proved increasingly resistant to traditional drug cure. According to health officials the situation is getting worse day by day.

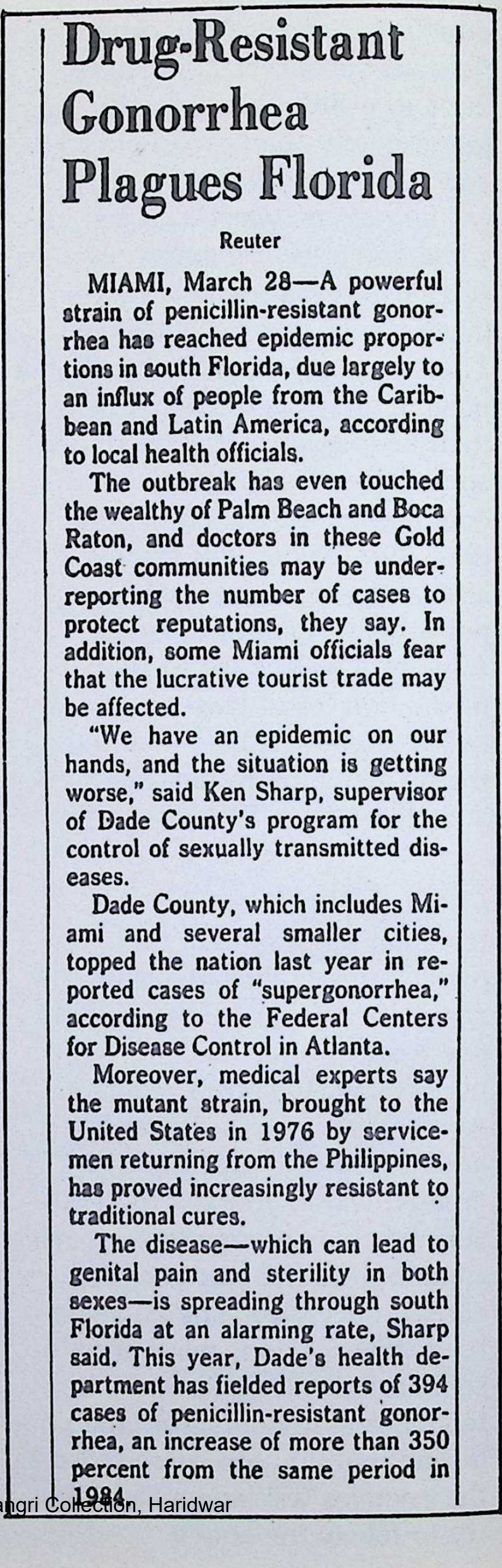
The good news is there is a cure. Agnihotra is the cure. By Grace it is given. Just as the 1982 forecast of the coming epidemic has proven itself a reality so it will be with the cure. *IT IS ONLY THROUGH AGNIHOTRA HOMA AND AGNIHOTRA ASH THAT A CURE WILL COME.* Places where people can experience *HOMA PYRAMID FIRE (AGNIHOTRA ATMOSPHERE)* and use Agnihotra ash medicines as researched in Germany and practiced in countries like Poland, Chile etc. will have to be established in countries where the law permits the dispensation of ancient medicine. At such places good natural diet, exercise, yoga breathing techniques and other remedial and tuning up measures could also be offered.

Satsang would like to warn the people staying in Eastern Europe the following:

SMALLPOX WILL BREAK OUT IN EASTERN EUROPE AGAIN SOON. ONLY CURE IS AGNIHOTRA ASH PLACED ON THE SORES.
(US Satsang, vol.XIII, No. 5, July 18, 1985)

SATSANG MEETING IN PHILADELPHIA

Philadelphia is a Greek word meaning "brotherly love." In Philadelphia, Pennsylvania the first Satsang meeting was held on November 10th at Yvonne's residence. Elwood introduced Vasant to a group of sincere listeners. He said,



Washington Post March 29,

Drug-Resistant Gonorrhea Plagues Florida

Reuter

MIAMI, March 28—A powerful strain of penicillin-resistant gonorrhea has reached epidemic proportions in south Florida, due largely to an influx of people from the Caribbean and Latin America, according to local health officials.

The outbreak has even touched the wealthy of Palm Beach and Boca Raton, and doctors in these Gold Coast communities may be underreporting the number of cases to protect reputations, they say. In addition, some Miami officials fear that the lucrative tourist trade may be affected.

"We have an epidemic on our hands, and the situation is getting worse," said Ken Sharp, supervisor of Dade County's program for the control of sexually transmitted diseases.

Dade County, which includes Miami and several smaller cities, topped the nation last year in reported cases of "supergonorrhea," according to the Federal Centers for Disease Control in Atlanta.

Moreover, medical experts say the mutant strain, brought to the United States in 1976 by servicemen returning from the Philippines, has proved increasingly resistant to traditional cures.

The disease—which can lead to genital pain and sterility in both sexes—is spreading through south Florida at an alarming rate, Sharp said. This year, Dade's health department has fielded reports of 394 cases of penicillin-resistant gonorrhea, an increase of more than 350 percent from the same period in 1984.

"What you are going to hear from Vasant today is far superior to what you have read in books or heard anywhere. In fact, today you are being introduced to total Kriya Yoga : the yoga of saints. The yoga of saints is much higher than the yoga you have heard of before. Kriya Yoga begins with Agnihotra, the purfication process through the agency of fire. At sunset, you will be shown how to perform Agnihotra, the practice of which brings about purification of Prana, the Life energy, and the mind. This is the first aspect of the Fivefold Path which Vasant has brought to us at the Divine command of the highest of all Gurus."

Vasant explained the message of the Fivefold Path of the Vedas and its contemporary relevance.

EXCERPTS FROM VASANT'S DISCOURSE AT SATSANG MEETING

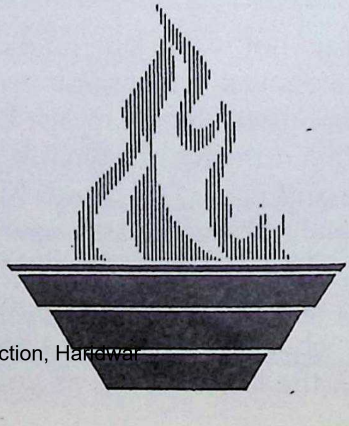
"Let us not waste our time over philosophical discussions or metaphysical speculations. Let us confine ourselves to what happens here and now. The law of Karma, the law of "reap as you sow", is inviolable. This leads to cycles of birth and rebirth. But one may ask, what do I know abut rebirth? Well, the law of "reap as you sow", is going to function in spite of our opinions about it. We might, however, restrict ourselves to what we experience here and now. We all know that we pass through the cycles of happiness and unhappiness. The illusory pleasure which we term as happiness followed by unhappiness. An ounce of pleasure is followed by a ton of unhappiness, if not more. Can we not rid ourselves of this cycle? Everyone is trying to do that. Where do things go wrong then? The answer is simple. We attempt to seek happiness through the avenues of the senses. We try to deepen and widen the avenues. We try to proliferate them. Happiness, however, eludes us all the time. We become exhausted in the process. To recuperate, people take to alcohol, drugs, and sex. We are then further dragged down in the process. We pile up tension and anxiety in the process while our sense organs get enfeebled. As long as we seek happiness through the senses we are bound to despair. On the day we are born as humans, we have been granted the wherewithal to be happy. "Thou art perfect, as thy Father in Heaven is perfect." Search for happiness within you and the search will end.

"All movements at reformation of man will fail so long as the inner man is not touched. Any structure of reforms that is superimposed without effecting changes in the inner man is bound to collapse like a house built on sand. If you wish to do away with misery go to the root cause. Misery is merely the symptom of disease. The disease is bondage to the body and sense objects. Learn to take a detached view of events that take place. Be non-attached to the fruit of your actions. Then you will notice that all tension and anxiety disappears. The fruit of your action depends upon various factors that you are not able to cognize. By non-attachment to the fruit of action you only lessen your burden.

"All around us, we find people crazy after the dollar, liquor and sex. They feel the more they have of these things, happier they will become. The moments of pleasure they derive from this indulgence exact a heavy toll of the mind and are paid for in terms of heavy doses of psychiatry. Every indulgence comes with a price tag attached to it. 'Pay now or pay a little later, but pay you must.'

"As a start, try to live moderately. Do not go to extremes. You enjoy more by renunciation. This is difficult to grasp by intellect, but easier to comprehend by experience. The spiritual path is a journey in the Kingdom of Bliss. To appreciate subtle things, you have to become subtle. To become subtle you have to rid yourselves of the cobwebs of desires that are wrapped around the intellect. The Fivefold Path grants you the material and mental aids to enter into the Kingdom of Bliss. Learn to lead a happy and contented life on this planet. Do not indulge in the luxury of daydreaming about a post-dated heaven. "The Kingdom of Heaven is within you"; you have only to cognize it.

"Try to live in harmony with the energy cycle of creation. Agnihotra does that for you. You will find that anxiety, tension and worry will become things of the past. Examine your daily conduct against the parameter of TAPA (self-discipline, purification). It is difficult to put ourselves into a strait jacket. Hence, seek the company of holy persons, people who do not seek any material benefit from you; people who would like to share their happiness with you. Happiness in contagious. Let us start an epidemic."



LIVING

John Huff
U.S.A.

It should be a total process of giving. It should not be how we are different but instead how we are all alike. This brings us together forever and ever no matter how rough the weather. Love is the seed that can end all our greed. We ask why we are not loved when we have no love for ourself. Follow then the Fivefold Path, what do we have to lose? Our constant intoxication by booze or maybe our melodramatic blues?

Remember wherever we are it is never the end, instead it is just a spot on the eternal path within that we have advanced or degressed by our God given free will. We are all spiritual flowers opening at our own rate, some early, some late. Knowing this we should have no more reason for hate. The enemy defeated, we have victory at last. A new life has begun, from the Maya we now see through. We know there is no beginning and no end since we found our invisible friend. I know for at present he is moving this pen.

His will not my will be done.

AHUM.

FIVEFOLD PATH GOES TO SOUTH INDIA

By Karen Jeffreys

Vasant, Mary Powers from Agnihotra Press and Karen Jeffreys from Columbia, Maryland, U.S.A. travelled from Aurangabad to Kerala State, South India, reaching Kanyakumari on January 14th.

We approached the Southernmost tip of India where three seas meet, the Indian Ocean, the Arabian Sea and the Bay of Bengal, shortly before six p.m. Being so near the equator, the sun was, of course brilliant and warm and the waters deep blue.

Evening Agnihotra fire was prepared in a pavillion overlooking the three seas and as sunset time of 6 : 16 neared, people gathered around to watch. Kanyakumari is a place of pilgrimage. Many people sat down with us around the fire and Karen chanted the Agnihotra mantras. After sitting quietly, we sang the Sapta Shloki (Seven Verses).

Karen gave a short talk on Agnihotra and its benifits for mankind, stressing that this was not a religion, but rather a scientific aproach to the problem of air pollution that drains mind energy. IN UNITED STATES THOUSANDS ARE FINDING AGNIHOTRA TO BE THE ANSWER TO TENSION AND STRESS. Similarly in Europe. When we are not able to reach home for Agnihotra, we perform this simple purification process in our cars. We, from the West, heartily recommend Agnihotra and the Fivefold Path to our Asian brothers and sisters.

Many people wanted to read copies of SATSANG newsletter as well as copies of LIGHT TOWARDS DIVINE PATH by Vasant.

The next day, following morning Agnihotra, one gentleman asked for an Agnihotra pot and then he took us to see around the town. He asked us if we could establish a center there to spread the message of love given through the Fivefold Path.

(US Satsang vol. IV No. 19)

VISIT TO ENGEN, W. GERMANY

By Susan Hejl, Denmark

On the 27th of December, I left Denmark to visit Werner and Erika Metzger in Bittelbrunn, Germany. Just before departure 4-year old Johannes became sad; confusion made me wonder of the reality of this trip.... Once "on board", however, there was no longer doubt. Each experience, on and off the train, was filled with impact.

Exhausted from the last few months, I saw necessary changes to be made. Ignorance had once again given birth to a greater awareness. With each fall comes increased strength to more quickly come up to the recognition of what is real.

We are feeding our faces while our spirits are starving. Yet all this darkness-so dark it is in the brightly lit train station Hamburg-is a medium for growth. We are all here to grow. There is close contact between deep snow and beautiful landscape all is quiet and in harmony. Erika, daughters Anita and Brigit, grandmother, all greet us, eyes full of Light.

Their house is both a home and a school. The family lives on the top floor and on the lower floor is the Kriya Yoga School and guest room-quiet, simple, full of positive vibrations. Purity surrounds the family, home and school. Humility, truthfulness, kindness and warmth.

Here is an opportunity to be quiet, to be cleansed, to gain strength. Here all that is good is nourished and fed. The familiar smell of Agnihotra. Thankful for those precious days with Werner and Erika and for the opportunity to be quiet and alone.

(US Satsang, vol. IV No. 19)

HOMA THERAPY FARMING PRACTICES

Vasant

Performance of Agnihotra alone will keep groundhogs out of a garden. By spraying plants with a solution of Agnihotra Ash and water it will help keep bugs away and help them attract nutrients from the sun. Performance of Agnihotra helps plants attract nutrients from soil and air.

***

MUSINGS WITH COLLEAGUES AT THE PRESS

Tom Dorfman
USA

Almost in every *Satsang* we read that we should utilize wisely every moment of our existence in good actions. It is further stressed that we function only in the present so we should not waste any time in trivia.

Must the full impact of this message come to us only when we lay on our death bed? I remember the word to a song which goes like this :

"Never miss a real good thing or know what it means
Never see the light of day till it goes away
Never want a drink of water till your well runs dry...."

It could be disturbing, perhaps, if at the end of each day we would review exactly what we did for those 18 or so hours. How much was really done? The people at Agnihotra Press schedule themselves the night before so at the end of the next day they can see if they have accomplished what they had set out to do.

One of the definitions of Yogs is, "Efficiency in action is Yoga." (Yoga Aphorisms of Pantanjali). If we can only make every moment count, how much more full our lives could be. And even more so if the actions we do are for the service of others. Service to fellow man (with no feeling of pride or expectation of reward) forms a part of DAAN, the second aspect of the Fivefold Path.

Ask anyone and they can tell you how easy it is to fall into the ditch of LAZINESS. By performing right Karma (good actions) may we "utilize wisely" every moment of our existence.

***

GROUP THERAPY TRANSFORMS INTO HOMA THERAPY

Barry Rathner

About 25 persons, children and adults, attended group Homa Psychotherapy Thursday evening, January 26, and all remained until

Vyahruti Homa was performed to conclude the meeting.

Members of the staff of Baltimore Family Life Centre, other individuals and entire families participated. It was beautiful to note how the atmosphere of Love created by Agnihotra fire brings together all ages and puts them into harmony.

Originally Thursday sessions were designed as in-service training for members of BFLC. The word got out however, that something very nice and valuable was happening at Belvedere Towers and the group size grew quickly. New people came saying "We will like to try it."

It was a joy to behold 25 persons of all ages, races and creeds sitting in the quiet and darkness of 9 P.M. as the fire of Light died down and Gayatri Mantra chanting began.

It was becoming clear that this form of Homa Psychotherapy has as its goal-helping the mind take on the total coloration of Love.

***

REAP AS YOU SOW

Vasant

Any stimulant to nervous system should be avoided now at all costs. The effect of atmospheric pollution has produced so much tension on the mind that bodily functions are being affected. WE NEED NOT TEMPT FATE BY ADDING MORE HARMFUL STIMULANTS TO OUR ALREADY DISTURBED NERVOUS SYSTEM. We need instead to calm the mind by several scientific techniques.

Agnihotra will greatly reduce tension due to atmospheric pollution whereas Yoga rhythmic breathing (Pranayama) and basic Yoga Asanas done over a steady period of time will help relieve tension due to bodily disharmony. It is up to you to gradually cleanse your own body of harmful pollutants. Proper diet and rest is important.

More and more people are turning to organic gardening, vegetarian diet. Try to reduce, if not completely eliminate, such things as alcohol, cigarettes, drugs. The effect of alcohol on the nervous system is astonishing. Over a period of years for example, the organs become weakened, the memory dulled, vision impaired.

Purify diet more and more. Try to purchase or better grow your own organic vegetables. Try to avoid foods high in preservatives, artificial flavorings and colorings, foods made with dyes. You will be alarmed as more and more foods will be declared cancer producting, dangerous to health and hence taken off the market.

If possible strive towards becoming vegetarian more and more. Minimize daily use of animal products if you are presently consuming them. This has a negative effect on body and mind, particularly now. Not only have chemicals increased, hormones are being added to meat. But Karmicly the effects of your own actions bear bitter fruit much faster as time has speeded up in the cycle of "Reap as you sow." Good actions shall be rewarded. There is still time for that.

*****

If something is harmful for your body and you know it, it is your personal responsibility to overcome the desire for it. If it is harmful and you do not realise that is another thing. If you know it, it is nothing short of a crime you youself are committing towards your own body. The body should be treated with respect as the temple of your soul.

These are only words of warning. As conditions become worse in our society we are required more and more to take reponsibility of our own lives.

It is only creating bad Karma for yourself when you repeatedly indulge in desires which in the end turn and consume you. At least if you do not create good Karma for yourself by positive action in this life, do not create more bad Karma for yourself. Be aware of the Karmic law: "You reap as you sow."

*****

AGNIHOTRA—AID TO SELF GROWTH

Vasant

Agnihotra is an aid to the process of self growth. It is a physical, material aid to fight the effects pollution has on our minds so that we can practice sharing, good Karma and Self study. Agnihotra is not a form of worship. It is scientific. It will help you in whatever faith you choose to believe. Again whether you believe in God or you do not believe in God "belief" is not required. You choose your own way of life whether you are devout in your religion or you are an atheist, whether or not you are vegetarian. None of this matters.

It is up to you to decide how to live your life. We are only suggesting simple guides to help you on the path. Let us be full of love. Reduce the anger, pride, greed, jealousy. Reduce desires. This too will help.

More and more people are becoming disturbed by the atmosphere in which we live. This is where science of Yajnya helps to reduce the effect of pollution on the mind.

SETTING RIGHT THE ENERGY CYCLE OF THE PLANET.

Vasant

Scientists, you can not imagine how universal, how complete this science of Yajnya is.

Pollution affects eyes next. Blindness begins to become more commonplace. Apparent cause unknown. Performance of Yajnya is the only way out. Twenty four hours round the clock Yajnyas are performed weekly at Agnihotra Press and several fire temples. Do them if you can and see the good effect.

(In a fire temple there is no preiest and nothing worshipped. It is a place where Agnihotra is performed at sunrise and sunset to coincide with the gear system of nature corresponding to one circadium rhythm and silence is maintained all the time. This is a material aid to maintain harmony in the atmosphere which brings harmony to the mind. Agnihotra is medicinal and good for skin and the eyes according to the ancient science of Homa Therapy. Agnihotra injects nutrients into atmosphere and benefits plant life.)

One might now find it difficult to keep his sense of balance. It becomes like a fulcrum of disequilibrium periodically. It is all due to pollution. What we have been talking about Yajnya undoes the effect of pollution on the mind and one begins to feel happy.

*****

AGNIHOTRA Is the Key

Lisa Powers
USA

There's change that's come into my life
I don't know how to describe it, but now everything's all right
There's a change that's come into my life
Every time I light the fire, I know everything's all right
AGNIHOTRA showed me the way
AGNIHOTRA made it a brand new day
And when changes come, they don't mean a thing.
Do AGNIHOTRA, experience the joy it brings.

There's a change that's come into my life
I don't know how to describe, but now everything's all right
There's change that's come into my life
Every time I light the fire, I know everything's all right
AGNIHOTRA is the key
Is the key to what's inside of me
If the cities should crumble and the sky should fall,
Do AGNIHOTRA, It'll see you through it all, AGNIHOTRA. . .

(US Satsang, Vol. III, No. 13)

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Bharatiya Satsang

September 1985 NEW ERA 42 Vol. VI, No. 4

THIS IS THE SPRINGTIME OF MY LIFE

Karen Jeffreys,

We recently passed from winter into spring which made me take a look at the new and reborn within me, as well as the new and reborn without, in the streets, gardens, woods, and fields.

First of all, when I write within and without, it appears that I am making distinctions. Actually, distinctions of this sort exist only in imagination. It is simple to see that new streets, gardens, woods and fields within me are slowly but surely coming into view by the boundless Grace of dear Master.

There is branching out, unfolding and blossoming taking place. If you feel that what I am writing can be applied to your own life as well, please share these thoughts with me so that our hearts may be strong and the light shines.

Here is branching out, meeting people in new meaningful ways, sharing FIVEFOLD PATH of the Vedas in word and deed. Here is awareness of ourselves as new leaves, awareness of becoming instruments for new leaves. Here is unfolding of knowledge as the tulips are unfolding. Here are all the flowers and bushes in various stages of "blossoming". Now the birds are singing in the sunshine and, through Master's love for us, our hearts feel warm, joyous and filled with gratitude.

Let us this spring and every spring grow in awareness and knowledge of ancient wisdom brought here by His Grace and let us fulfill our responsibility to serve every man, woman and child with gratitude and humility.

WHAT IS KRIYA YOGA?

Vasant,

Kriya Yoga is a very ancient science. Krishna refers to it in Bhagavatgeeta. Patanjali mentions it in his famous Yoga aphorisms which is a standard reference on Yoga. It has been practiced throughout milleniums. Tapa, Swadhyaya and Ishwar Pranidhan constitute Kriya Yoga that culminates into Self relization.

"And Jesus went a little further and fell on his face and prayed saying 'O my Father, if it be possible, let this cup pass from me; nevertheless not as I will, but as Thou wilt'."

-Matthew 26:29

"Watch and pray that ye enter not into temptation. The spirit indeed is willing but the flesh is weak."

-Matthew 26-41

"He went again the second time, and prayed saying 'O my Father if this cup may not pass away from me, except I drink it, Thy will be done'."

-Matthew 26:42

Jesus exemplified surrender to His will. Agnihotra Mantra states "Na Mama" meaning not mine. We should rejoice that His will be done. My moments of grief will no longer hold, for it is His will. This is contentment in life. Our desires are sublimated and are transmuted into cognition of His will. We say that God is the doer of all things. Not a leaf of a tree moveth but by His will. If I abuse someone, commit theft, indulge in lust, do you mean to say that He is doing all this? God is the creator of the universe. He has granted man free will, the power of discrimination to choose to act wrongly and create bad Karma. Then it is "reap as you sow." The resultant Karma could only be destroyed by fruition. God is merciful and if you repent you can transcend the evil effect. Before you ask for mercy you must learn to merge your will into His will. This is surrender, total surrender, the culmination of all spiritual discipline.

When the yearning for spirit is generated it is the second birth.

"Unless ye be born again ye shall not enter the Kingdom of Heaven."

-John 3:3

The yearning has to be consolidated and the journey on the Divine Path has to begin. The yearning may come on any occasion or due to various reasons but it needs to be consolidated. Thus we learn to convert any adversity into an opportunity. One has to attempt to control his six deadly passions, namely, lust, anger, greed attachment, pride and envy. One has to learn to lead a Yoga way of life. By conscious cooperation of the faculties of body, mind and intellect in practising Kriya Yoga new vistas of life are opened. This leads to bliss eternal. The Perfect Master, Sadguru, is the guide on this path. You start taking steps on the path and further guidance will be unfolded to you from within. This is how Kriya Yoga works. By practice of Kriya Yoga you will be given a link with a living Master. You then exert free will to choose or to deny the link. If you do not catch the link you still make progress but there is a limit beyond which you cannot go. Only through a living Master is the Divine consciousness, the Christ consciousness within you truly unfolded. The Master then prepares his own plan for your liberation. You take one step and he takes four steps for you. All this is done in silence without a spoken word. Perfect Master never gives discourses except on rare occasions. He is beyond Time and Space.

We experience the Time-Space continuum. Time connotes change. Various events unfold in time. Have faith that it is His will. If the events bring about grief; it is the result of accumulated Karma out of which our present life is just a speck. Practice Kriya Yoga; you will thus transcend the pangs of life. Thus bring faith in God in the Time dimension.

Wherever you move make God your constant companion. Thus you bring faith in God in the Space dimension.

Someone abuses you and you feel hurt. This someone may be the apparent cause of your grief. Ponder over it again. Have faith that it is His will that you are hurt. It was His will not to let "the cup pass" from Jesus. Subtler worlds are beyond the senses. Constant practice of Kriya Yoga enables you to cognize these subtler worlds and then Soul vision dawns. Discrimination and dispassion lead to Soul vision. When you start to tread the path of spiritual discipline knock out self-importance. The extent to which you succeed in doing this determines your true progress. Things come beyond the range of intelligence and knocking out the ego is the measure. We are prone to strut about the stage of life on all occasions. Remember, respect cannot be demanded; it is to be commanded. We sometimes become proud of our humility.

Do not imagine that all created things are for your enjoyment. Reduce your wants. "The Father knows what you have need of." However, everything you want is not everything you need. If you practice reducing your wants you will be more detached. Then gushes forth the fountain of joy as you have never known before. You cannot then but "Love thy neighbour as thyself."

The five elements that form the basis of creation need harmony for their proper functioning. (Here the word element is not used in the sense of modern chemistry.) The harmonious cycle of creation should not be disturbed. The various energies that function at different levels are designated as DEVAS in the Vedas. Yajyna, the purification through the agency of fire, helps rebuild the energy cycle. Agnihotra is the smallest form of Yajnya wherein a new substance is formed which has an effect on PRANA (Life Force) which, in turn, has a beneficial effect on mind. Water resources are cleansed and plants get nutrition from the resultant atmosphere. This aids the natural rain cycle and keeps harmful bacteria away. Hence, Yajnya is an ordained duty. It is a great material aid for bringing harmony as the outgoing tendencies of the mind are reduced. Prana and mind are like obverse and reverse of the same coin and the beneficial effect is transposed to the realm of mind. Lust, greed, anger are reduced. The intellect becomes to that extent unclouded and then we are established in the tendency to do the right thing. Agnihotra thus gives the right bent to your intellect and the ability to act up to the judgement pronounced by your power of discrimination is strengthened.

इष्टान्भोगान्हिवोदेवा दास्यन्ते यज्ञभाविताः।
तैर्दत्तानप्रदायैभ्यो यो भुङ्क्ते स्तेन एवसः।।
भ. गी. ३—१२

"He who eats without feeding the energy cycle is a thief."
-Bhagavatgeeta 3-12

Kriya Yoga is unfolded after milleniums in toto for the first time in the West at the command of The Son of Man, AVATAR, Parama Sadguru Shri Gajanan Maharaj of Akkalkot, India. The commentary on the Ten Commandments is written and published for the first time in the English language to throw light on Kriya Yoga. This is a Divine command and the author is merely an instrument in Divine hands. He who has seen has told you. It is not the case of a blind man leading the blind. The Avatar, the Divine Messenger, starts clearing your subconscious mind when you get devoted to Him and plants the seed of knowledge within you. He grants you dreams and visions. Circumstances are so arranged that you are enabled to tread the Fivefold Path with more vigor. You have only to keep your eyes open and mind alert.A day dawns when you start hearing the "unstruck Music" of the universe. This helps your concentration. Then one day you too can SEE IT. You can SEE IT unconditionally. For dream the condition of sleep is necessary but here it is unconditional, in any state. He opens a new vista before you and your Path of Self realization becomes clear. For Self realization surrender is the way. All progress and joy can come only through surrender. Even the concentration on the physical body of a Perfect Master brings about surrender.

Unless we totally surrender to God's Will no progress on the spiritual path is truely made. This is the basic requirement. Agnihotra puts us in a mood of surrender to the Supreme and hence Agnihotra is a great material aid on the Divine Path.

Initially we have to make the affirmation "Thou art Supreme and I submit to Thy will gladly even when the experience is not pleasant to me." This clears away the resentment that obstructs the Path of spiritual progress. The resentment, if unchecked, piles up and finds expression at various levels of physiology, neurology and psychology. This extracts a heavy toll of our nervous system and puts a burden on the mind. Hence, the constant affirmation "Not my will but Thy will be done." This is the beginning.

You have to get into the habit of doing meritorious deeds without expectation of name or fame. Do what you think is right. If your power of discrimination between right and wrong tells you that it is not right to do a certain act, then refuse to do it even when the physical appetites pull you in that direction. This puts you in the direction of becoming a conscious instrument of Divine will. The sense of self importance is to be eliminated. Any thought, word or deed that fattens the ego is to be avoided. Only when the dance macabre of the unfulfilled desires is stilled do you begin to cognize the Divine will. "I"ness dwindles and you begin to enter the subtler worlds.

DISGRACE ABOUNDING

Vasant,

There is no tragedy more sombre than a wasted human life. Although created in His image, man has lost all moorings and is drifting. He has become a hapless spectator of his own torment. He is like a billionaire's heir who has forgotton his vast treasure and is roaming about in despair. Tossed up in various isms, chained by dogmas, incarcerated in the vast prison of technology, he hardly sees any hope to achieve orderliness, rhythm and peace of mind. Modern man is no more than a mere member in a herd. He has commercialised his prayer book and even Revealition is pressed into service to goad his brethren for extending his sway

over them in matters temporal. Blind men lead the blind and leaders of society are faltering from one step to another although the end is as far away as ever. Man is even afraid to believe. The world has become a multistoried building with man's victory over time and space. Speed appears more important than the message it carries.

Peace is indivisible and therefore suffers from a single act of intolerance, pride, brutality, violence, coveteousness, and greed. Increasing material comforts have added little to human dignity, tranquility and rhythm of life. In the process of devising solutions to human problems man himself has become a problem. Not only have his problems multiplied, his capacity to face the future has withered. He has beocme more erratic in behaviour and less composed. Tranquilizers are no remedy to eradicate tension—they merely postpone the visible effects at great cost to oneself. Pompously worded international covenants brought about in the fanfare of publicity lack the convincing seal of integrity of the signatories. The result is escapism.

Technology has nearly played its innings. Fantastic victories have been achieved forgetting the irreparable damage done to the natural environment and also to Lunokhods are reaching the moon in a heavy trail of pollution of air, water and soil on the mother planet. Dazed by the victory of computerised achievements man has become insensitive to the chaos that is ushered in its wake. Material, moral and spiritual degeneration are no red signal for him who is dazed by the accelerating tempo of life.

Unless it acts quickly, the human race faces extinction in a few decades, be it due to pollution, radiation or soil fatigue. Atmospheric pollution is an inevitable concomittant of modern technology. One can reduce the rigours but not eliminate them. Industrial exhausts, supersonic jets and petrol and diesel vehicles are the main culprits. Tons of oxygen are consumed when a jetliner crosses the Atlantic. Apollo 10 crew could spot Los Angeles by a large blanket of smog hovering over it. Closer observations rudely awakened the scientist to the grave complexity of the danger.

Hydrocarbons, carbon monoxide, nitrogen oxide, sulphur oxide, lead in thousands of tons emanating from exhausts pollute the air, harm foliage, damage eyes, affect the lungs, choke the throat, resulting in allergies and the consequent loss of millions in terms of production and public health. Penetrating sunrays induce a chemical reaction leading to thicker smog. What many inhabitants of industrial towns breathe today is more ambient filth than air. Police on traffic duty are advised to take oxygen rests.

Nuclear power stations, nuclear weapons add to radiation hazards. Disposal of waste in midocean affects the plankton which in turn affects the small fish that thrive on it, the big fish which devour the small fish and man who cuts up the big fish for table purposes. Strontium penetration has increased manyfold during the last decade. This leads to bone cancer, leukemia and anemia. The radioactive dust penetrates the body via the respiratory channel or through vegetables, fruits and milk damaging the genetic organs. The generation to be shall pay the price in terms of bodily deformity, stunned mind and other hereditary ailments. Radioactive pollution is silent but devastating.

Noise is another lethal partner and not merely an annoyance. Loud noise constricts blood vessels, tenses the muscle, deflects blood pressure, injects harmful fluid in blood stream, thus increasing tension, anxiety and nervousness. Added doses in the quantum of noise lead to mental disorientation.

The indiscriminate use of chemical fertilizers and pesticides has resulted in contaminating milk even in the safest container, namely the mother's breast. It may soon be difficult to coax fatigued soil to yield requisite greenary. Rivers and streams are turned into sewers to dispose of garbage.

U.N. Secretary General has issued a warning that the atmosphere respects no national frontiers and police measures have to be adopted if the human race is to survive. U.N. has convened a world conference on human environment in Sweden in 1972. Sweden is contemplating the construction of a pollution-free city where no vehicles would be permitted except an electric tramway, the speed of which shall not exceed thirty kilometers. Emaculation of bodily organs is a visible aspect of atmospheric pollution but the strain on orderly functioning of the mind and intellect is more deleterious and forebodes untold misery for humankind.

Technology, like the earth has limitations which can be stretched only within limits. Useful atmosphere enveloping the globe may be compared to the flimsy coat of lacquering on a wooden toy and needs protection. Any change induced in the atmosphere directly affects human.mind. This fact was fully understood by the ancients who used to perform *YAJNYAS*—sacrificial offerings to fire. The smoke emanating from a YAJNYA performed strictly in the prescribed manner not only acted as an antipollutant but induced desirable changes in the atmosphere for healthy minds to function.

A casual glance will convince anyone that anxiety and tension are writ large on the forehead of the modern man. Unbridled technology necessarily creates complicated economic and social situations which perforce must be obeyed. The inevitable commissar in steel helmet or democratic velvet gloves must for his own survival try to put down the Yogi. The crushing burden stills the inner flame, dampens creative instincts and atrophies the body, leaving man a miserable victim of tantalising desires which fatten on satisfaction. Man has become a prisoner in his own encasement, apparently unable to pull down the shackles created by his own intellect. Tranquilizers, narcotics, hippies, permissive society, induced contentment in volumetric wafts of jazz, disregard for the pledged word, juvenile delinquency, student indiscipline, evasiveness in fulfilling obligations, insecurity, greed for acquisition of material perquisites and discontent are the order of the day.

Even if man succeeds in reducing the time cycle in plants, the population explosion will compensate for it. Reckless destruction of natural surroundings, its flora and fauna for feeding the giant industrial complex has created an imbalance in the atmosphere. The loss is irreparable. If survival dictates that these wanton sins of omission and commission should be restricted, it will amount to decelerating the growth of industrial production. A time may come when highly industrialised nations may have to think in terms of reducing the Gross National Product. This may lead to limitations on the purchasing power of created money. It will accentuate the rigours of the common man, pushing him down the slough of anxiety, insecurity, disaffection, envy and violence.

How are we going the teach man to reduce consumption, conspicuous or otherwise, and still be contented? This is the big problem that faces mankind at the crossroads of destiny. Here physical sciences offer no solution. Economics gives way to ethics. We have to delve into the realm of the spirit and religious practices for the answer. The solution brooks no delay. It must be a wholesome one which treats man as an entity and not in compartments. The remedy for this malady will open the gates of "The Knigdom of Heaven within you." It will enable man to harmonise the outward glories with inner spiritual content. It will pave the way for the banishment of insecurity, anxiety and tension and produce the rhythmic balance so vital for harmonious perception. It will re-establish the state of being the forgotten treasure to which man is heir but unable to recognize because his mind and intellect are sullied by nescience.

The solution to this problem appears as difficult as eating a cake lengthwise but not breadthwise. The prescription will enable you to eat the cake and still have it.

(From the book : *GRACE ALONE* by Vasant V. Paranjpe, printed and Published by Agnihotra Press, Inc. Baltimore, USA)

SPIRITUAL DUTY

Carol Spinoso,

In this world, one seems to become too dependent on the external aspects of being. We know from experience that our inner Self or Reality must spring forth to guide and direct us, gathering intuitive experiences along the way. We have the tools to develop such a faculty if only we give our attention to Almighty in a one-pointed concentrated manner. When we achieve this, much awakening takes place. By striving for higher levels of development we also act as an elevating force for our environment, both immediate and universal.

It is our duty to develop and strengthen our ties with the universal force. This knowledge spreads as we gather experience, for it is truly the answer for our times. Let us rejoice in its unfoldment. I (not meaning to be placed on a singular basis) have been guided and directed to various places as an instrument in awakening the Divine in others, through teaching the FIVEFOLD PATH of Vedic wisdom. What beauty, knowledge and strength comes from such a task! We must all dive deep into the endless ocean of joy, get the experience, seek absolute truth, and all else will surely be added unto us. No one can remain idle for one moment. Let us turn our mind into an instrument of liberation and direct the search soulward, making the FIVEFOLD PATH our way of life.

REVELATIONS

"POLUTION, HEALTH, & DISEASES"

Vasant

(Compilations from U.S.Satsang by Prof. S. G. Mylay, Homa Therapist, International Homa Therapy Reasearch Institute, Shivapuri, Akalkot)

Atmosphere and diseases

1. Now the science of medicine begins to make inquiry into the relation of space with the pollution count. Never before has medicine delved past the realm of the physical.

2. There is some danger with the chemical valence in atmosphere. Many more illnesses and uncommon diseases will spring up, particularly on East Coast of U.S.A.

3. Energy body disturbed. Friction of power in atmosphere.

4. Shortness of breath is first sign of noxious gas poisoning. People in cities will notice these chronic symptoms-bronchial attacks, cerebral migraines, exhaustion, depression, loss of appetite, irregular weight loss, severe attacks of collitis and related nervous disorders and respiratory malfunctions.

5. Disease is caused by emission of fumes from the surface of the earth.

6. Important thing now is to do Agnihotra. When it snows atmospheric conditions are so terrible that certain impurities are brought to earth. When entering the atmosphere near earth sometimes they become catalytic and mutative to pathogenic bacteria causing new strains of disease, new illnesses altogether. THE STRANGE THING IS THESE IMPURITIES ARE PRODUCTS OF FUSION OF ELEMENTS TAKING PLACE NOW. ONE IS CADMIUM. BEWARE. MORE EXACT WE WILL BE FOR YOU NOW SCIENTISTS. YOU WANT IT YOU GET IT.

Planetary influences and disease

7. Subtle powers from other planets to have great effect on the nervous system of man's outer body. This planet is in close proximity with planet Mars. The effect of vibrations from other planets will be felt greatly in next six months.

8. There are rings around yet another planet caused by pollution. This precipitates further disturbance on our planet in the form of disaster. The disaster will take place in the form of disease. Epidemics break out with no conventional medicinal cure. AGNIHOTRA AND ASH MEDICINES BECOME A SAVIOR. THE WORD SAVIOR IS IMPORTANT HERE.

The more curious you get the more you will talk about the Fivefold Path, the more you will advocate performance of YAJYNA as the cure for man's ills.

9. Beware. Changes in atmosphere. Some funnel type currents being caused by other planets throw earth further out of orbit bringing more extremes in temperature, more failures of crops, more of disease.

Solar rays, Ozone layer and Pollution

10. Solar rays reported to bear poisons, toxic to man.

11. The change in climatic conditios is moving in a counter-clockwise direction. Much disturbance is caused in the atmospheric conditions due to the breakdown of ozone layer by pollutants. Disease, incurable disease, suicides, mental breakdowns run rampant soon. Only way out is proper performance of YAJNYA. Yajnya atmosphere is essential to happy life on the planet.

12. Exoposure to SUN'S RAYS FOR A PERIOD OF MORE THAN FIFTEEN MINUTES DURING THE HOURS 12-3 P.M. IS DANGEROUS. IF ONE HAS TO BE IN THE SUN THEN THE HEAD IS TO BE COVERED.

13. VIRAL PNEUMONIA SPREADS EXCEPT IT IS NOT VIRAL PNEUMONIA. IT IS A VIRUS INFECTION CAUSED BY BREAKDOWN IN OZONE LAYER DUE TO POLLUTION.

IT WILL GET SO NOW THAT PEOPLE HAVE DIFFICULTY EVEN BREATHING IN LARGE CITIES. THOSE WITH LUNG DISEASES, TERRIBLE. PEOPLE AROUND MID-DAY WILL FEEL LIKE ~~I~~ THEY ARE CHOKING. THE MIXTURE OF THE LIGHT OF THE SUN AND POLLUTION IS TERRIBLE.

SKY SEEMS LIKE IT IS FALLING. SO MUCH POLLUTION IN AIR. AIR BECOMES HEAVY AND DIFFICULT FOR MANY TO BREATHE.

INFLAMATION AND DETERIORATION ARE THE NEXT STEPS WITH DISEASE THAT DOCTORS KNOW NOTHING ABOUT TODAY.

THE SUN AFFECTS THE CHILD AND IT DOES NOT NECESSARILY HAVE TO BE DIRECT SUNLIGHT.

14. ULTRAVIOLET RAYS FROM SUN BECOME POISONOUS AS HEAT PASSES THROUGH LAYER OF POLLUTION THAT SURROUNDS OUR PLANET. THERE IS SOME SORT OF IONIZATION TAKING PLACE NOW. ONLY WAY TO NEGATE

THE EFFECTS OF THE ULTRAVIOLET RAYS IS TO PERFORM YAJNYA. AGNIHOTRA IS THE SMALLEST FORM OF YAJNYA.

15. Solar rays threaten health. Formerly, sun was used to cure ailments. Now it creates them.

16. Now more than ever exposure to radiation is widespread. Try to avoid exposure through X-rays unless necessary. Avoid radiation from sun especially children now. Between 12 noon to 3 in the afternoon is worst time to be exposed to sun's rays.

17. THE ROTATION OF THE SUN AROUND THIS PLANET IS BEGINNING TO CHANGE. THIS WILL CAUSE CHANGE IN CLIMATE IN CERTAIN PREDETERMINED AREAS AND ALSO WILL START A WAVE OF NATURAL DISASTERS.

THE ANGLE OF REFRACTION OF SUN'S RAYS IS ALSO IMPORTANT. AS IT IS THE EARTH'S ANGLE ON WHICH THE AXIS OF THE EARTH LIES IS CHANGING. AS THE CHANGE BECOMES GREATER IT WILL AFFECT THE SITUATION OF THE PLANET REGARDING DISEASE, FOR INSTANCES THE ANGLE OF REFRACTION OF SUN'S RAYS BECOMES GREATER AS IT STRIKES A DEPLETING OZONE LAYER AND SUBSEQUENTLY THE EARTH, INCIDENCE OF DISEASE WILL INCREASE. BY MANTRA AND PERFORMANCE OF HOMA ON A MASS SCALE THE ROTATION OF THE PLANET AND THE ANGLE OF REFRACTION OF SUN'S RAYS WILL AGAIN RETURN TO THE EXACT DEGREE INTENDED AND HENCE THE SUN'S RAYS WILL BECOME HEALING INSTEAD OF DETRIMENTAL. IT IS HIS WILL AND HIS WILL BE DONE.

Animals, birds and diseases

18. Common birds begin to carry diseases in all forms existing in the atmosphere due to the pollution in the atmosphere.

19. There is an insect known commonly in U.S. as a tick that carries a disease different from Rocky Mountain Spotted Fever that paralyzes, then kills the victim within hours. THOSE THAT PRACTICE YAJNYA ARE PROTECTED BECAUSE OF THE EFFECT OF YAJNYA ATMOSPHERE ON THE SKIN.

20. Rabies begin to occur in animals and they in turn inflict humans in a big way. Rabies is horrible death.

21. BIRDS WILL BE GETTING SICK NOW AND SPREADING DISEASE EVERYWHERE TO BOTH HUMAN SPECIES AND VEGETATION EXCEPT

AROUND FIRE TEMPLES WHERE THEY FIND SHELTER.

22. GEESE BECOME A PROBLEM. THAT DISEASE THEY CARRY IS TERRIBLE. BRINGS DEATH TO THOUSANDS.

23. Geese carry disease. Remember we told you? It is fungus that grows between the oily coating on their feathers and their bodies. Merely losing a feather and it making contact with something living. Its symptoms are terrible. Headaches, bodily aches, nausea, vomitting, dizzy spells, blackout, more intense headache and eventual loss of motor coordination as it spreads to the blood and then to the brain.

24. Rabits carry a type of venereal disease and give to humans. Where do the rabits contract such a thing? It is due to pollution. Medical experts have difficulty indentifying the symptoms. Agnihotra Ash medicines mixed with specially prepared ghee is the solution.

25. Some new bacteria comes into the bloodstream of dogs. It proves fatal in a few weeks. No one knows what it is. Next it shows up in cattle and horses, then in man. It is amoebic, it is some sort of parasite.

WHOLISTIC HEALING : HOMA THERAPY APPROACH

What is the BIOSPHERE?

Biosphere may be construed as the peripheral envelope of the planet wherein living things exist in their natural state. Man, flora and fauna do not exist in the biosphere, they are part of it acting and reacting at every moment, shaping the biosphere. Our thoughts, feelings, emotions, imagination, assertions, actions all leave an imprint on the biosphere and affect everything else.

Due to man's transgression the biosphere is changing in composition. Basically the universe is totally dissimilar to what it was even fifty years ago. Biosphere is the life supporting system of the earth and if we refuse to heed we bring about our own destruction. The lives of millions are in jeopardy due to pollution.

After all, what we are doing when we perform Agnihotra is actually a scientific act used specifically to reduce pollution in the atmosphere and severe the chain of events which follow its effect on the mind of man. Hence more emphasis needs to be put on science.

Tremendous amounts of energy are gathered around the Agnihotra copper pyramid just at Agnihotra time. A magnetic type field is created, one which neutralizes negative types of energy. Therefore, a positive pattern is created by one who does Agnihotra merely by his/her performance.

You heal the atmosphere through Yajnya and the atmosphere heals you. In Fire lies the power for harmonious transformation.

ATMOSPHERE-MIND CONNECTION

The ancient science of Bioenergy given through the Vedas states that there are numberless billions of solar systems of which our planet is a tiny speck. The layer of useful atmosphere surrounding our planet earth is a very thin layer. Any change induced in this layer of atmosphere automatically leads to corresponding change in PRANA, the life energy that pulsates through us all and connects us with the cosmos. Prana and mind may be taken to be like two sides of the same coin and hence the change in the atmosphere is automatically transposed to the realm of the mind.

RHYTHMS OF NATURE AND THE MIND

The Vedic science of Yajnya states that mind is affected by rhythms of nature corresponding to undulations of our planet. Yajnya is a process based on biorhythms of which man is a prisoner. Various rhythms of nature corresponding to the rotation of the Earth and other cosmic objects affect human body and mind. Burning specific substances into fire and uttering certain Mantras under the conditions of certain rhythms of nature produce specific effect in the atmosphere. This is the modus operandi of YAJNYA. The resultant effect is carried to the realm of the mind and mind becomes tranquil. Our happiness depends on the reactions of the mind and hence Yajnya is a material aid to happy life.

Agnihotra is the smallest form of Yajnya based on one circadium rhythm corresponding to Sunrise and Sunset.

AGNIHOTRA GIVES PUSH TO THE MIND

Burning of specific substances and uttering of Mantra are to be synchronized with the timing of Sunrise and Sunset. This in short,is – Agnihotra.

Fire is to be prepared in a copper pyramid. The metal and the shape have an effect on the subtle energies which induce change in the atmosphere leading to beneficial change on the mind. Agnihotra is a great material aid to unburden the mind and you begin to feel free. This leads to contentment in life since a push is given to the mind to react with love.

BENEFITS OF AGNIHOTRA

Agnihotra is also a process of fumigation which affects the intensity of pathogenic bacteria. Agnihotra atmosphere gives nourishment to plant life. Within three weeks you can notice the effect on plants if they are kept in a room where Agnihotra is practiced regularly. Agnihotra atmosphere results in better absorption of Sun's rays by the water resources of Earth. Thus, the energy cycle of the planet is kept in rhythm.

Pollution in the atmosphere has a dastardly effect on the human body and mind and hence we witness so much misery despite material plenty. Agnihotra puts the whole process in reverse gear and you feel free and happy. If you practice Agnihotra you might very well say goodby to psychiatry troubles. When the tension on the mind is lessened one-pointedness of mind is achieved.

Hence, Agnihotra is a great material aid to happiness.

BIOLOGICAL ACTIVITIES & PLANETARY CYCLES

Our breathing is connected with the phases of the moon. A definite change in breathing rhythm takes place exactly at Sunrise. If you are in bed at Sunrise the change may not be as nature has planned it. Practice of Agnihotra automatically insures that the change in rhythm will be in tune with nature. This avoids the disharmony in equilibrium and thus proneness to disease is lessened.

Modern medicine is slowly veering towards the Vedic science of medicine and growing aware that health is influenced by subtler atmospheric forces of which it knows little. Many biological activities correspond to rotation of our planet around the Sun. This leads to intensity undulations in performance ability. Manic depression, hypertension and several other disorders are influenced by changes in biological activities that come about due to undulatory planetary cycles. Agnihotra is based on one such cycle called Circadian Rhythm. The specific conditions of nature at the critical points of Sunrise-Sunset, the effect of burning specific substances in a pyramid of prescribed metal having prescribed shape and size and utterance of specific vibrations have a combined effect on the atmosphere. This affects the biological functioning and gives a push to the mind in the direction of LOVE.

PLIGHT OF MODERN SCIENCE OF MEDICINE

We notice that in recent years the

science of medicine has begun to recognize the role of mind in prevention and cure of a malady. We also notice that remedies which appeared effective only a few years ago have now started producing side effects which are undesirable. It has now become clear to the doctor of medicine that the body soon starts building up immunities to the various medicines that are administered to the patient. The doctor of medicine has begun to witness one more phenomenon which he politely calls terminal illness. This means that people are in advance told that they are going to die. The peculiar thing is the doctor cannot tell them what illness or disease they have. This has already started causing panic.

DIFFICULTIES IN EXPERIMENTATIONS

The scientist has noticed that there are many cosmic rays and micro waves that strike our planet of which he knows little. The resultant of all these being thrust into an ecologically abused atmosphere has made observations difficult and conclusions remote. This has become a great impediment to the accepted models of experimentation.

CAUSES & CURES OF DISEASES DIFFICULT TO DETERMINE

Till recently it was accepted that research into science can give answers to nearly all of man's problems. Today we find increasing numbers of diseases including malfunctioning of bodily organs due to the increasing severity of pollution in the atmosphere. Scientists have been unable to find exact causes or cures for these often deadly diseases. The disease onslaught can come suddenly resulting in death shortly after. Unless some effort is made to set right the energy cycle of the planet man will suffer more and more from such diseases and ailments. Other diseases are less severe in nature but they have a nagging effect on those suffering from them even though the results are not so deadly. These minor ailments are also undistinguishable as to cause, symptoms and possible cure.

WHOLISTIC CONCEPT OF HEALTH

Under such circumstances of a polluted and disease ridden world new models of health which may be termed wholistic have begun to catch the imagination of the people. The old models of health which were claimed to be comprehensive now appear to be less and less useful.

The wholistic concept of health pays greatest attention to the mind. The wholistic concept of health treats the patient considering all the aspects of the psychosomatic man and something more. It does not call health merely as absence of disease but something more positive and integrated. Looked at from this point of view the modern science of medicine appears to be more a science of pathology than science of health. In wholistic health the patient does not merely enter a program or treatment given by the doctor but himself assumes the responsibility for recovery towards a more healthier state. Hence, wholistic healing to be true to its name promotes the motivation and growth factor in the functioning of the patient's mind.

POLLUTION LINKED WITH DISEASE

Now cancer is becoming more and more prevalent among teenagers. There is increase in the number of serious illnesses striking young children. All of this has great impact on the mind of man as well as his physical stamina. There is more and more exhaustion due to lack of proper air.

Scientific proof that certain diseases are caused by lack of pure air to breathe is significant. Direct links can now be found between air pollution and the growth in cancer. Present findings show greater percentage of children being affected now, more than ever before.

Shortness of breath is the first sign of noxious gas poisoning. People in cities now notice these chronic symptoms. bronchial attacks, cerebral migraines, exhaustion, depression, loss of appetite, irregular weight loss, severe attacks of colitis and related nervous disorders and respiratory malfunctions.

Sufficient increase in the number of infants born with defects from birth will now warrant investigation into effects of pollution on unborn foetus. Naturally, whatever food, drink or other substances that are imbibed during pregnancy will have a direct effect on the baby before it is born. However now studies need to be done on the effects of pollution on unborn child.

SCIENCE OF HOMA THERAPY-THE ONLY CURE

Doctors now try shock therapy on cancer patients. No amount of radiation treatment will succeed in coming years. However Agnihotra, the smallest form of Homa Therapy will be found to cure all forms of diseases ranging from nervous malfunctions to cancer in beginning stages. Cures for leukemia have all failed. Cures for other diseases will now begin to be nonfunctional. There will be more and more appreciation of Homa Therapy now.

A day is soon coming when the doctor of medicine will realize that disease is the resultant manifestation of several consequential patterns worked up by habits which may be termed as wrong. Medicine has already realized that the incidence of disease, prolongation of disease, recovery from disease are substantially influenced by interplay of subtle energies which may be below the electromagnetic level. Sometimes there is a blanket term used to represent these forces and they are called "cosmic". However science knows little at present about the intensity, existence and magnitude of the working of these cosmic forces. The science of Homa Therapy takes all these forces into consideration.

WHOLISTIC HEALING BY HOMA THERAPY

Homa Therapy relies more on the law of nature to operate than the operating technique which motivates a therapist. Homa Therapy fortifies the will of the practitioner which accelerates the journey of life to joy. Homa Therapy may be explained by the teacher but from the first day it is experienced by the practitioner. In Homa Therapy there is no question of administering a drug as it is done by a man of medicine or prejudging the experience as it is done by a psychotherapist. Homa Therapy leads to total wholistic healing. Homa Therapy is simultaneously the process and the aspect of wholistic healing.

We have to take scientists to a place now where they can see logically and understand easily that by putting something like medicinal herbs into Yajnya Fires, observing certain disciplines accompanied by certain Mantras a certain change takes place in the universal *PRANA* thereby creating a healing effect on the MIND.

If the scientist will do experiments with the effect of Homa Therapy on neurology, bacteriology and anaesthesia he will soon find that he has gone far into the future.

SCIENCE OF BIORHYTHM

The research done in various universities suggests that there is clear enough evidence to show that human endurance and performance ability follow the undulatory rhythms of nature. In plain words this means that during certain positions of the Sun, Moon a person tends to achieve better immunity from disease and better performance ability. This is the science of Biorhythms.

The recognition of the decisive role played by biological rhythms in the incidence and cure of a disease has opened a new vista of knowledge which will carry the trend of scientific thinking in medicine to unknown heights. This trend directly lands the science of medicine into Homa Therapy.

(The above article is based on the writings of Vasant V. Paranjpe, published in 'SATSANG' journals, Agnihotra University Farming Bulletins, USA and UNO. This is compiled by Prof. S. G. Mulay, of I.H.T.R.Institute, Shivapuri, Akkalkot, India)

to be continued in the next issue

All the illustrations are by the courtesy of Agnihotra Press Inc., Baltimore, U.S.A.

FIVEFOLD PATH IS THE WAY

Vasant,

1. *Agnihotra is the way*
For all the joy and all the bliss
Agnihotra is the way
It will make things very clear
Purifies the atmosphere
Next the prana, then the mind
Do not be one left behind
For all the joy and all the bliss
Agnihotra is the way.

2. *Daan is the way*
For all the joy and all the bliss
Daan is the way
Treat your assets as a trust
To share with others is a must
With humility every day
Thus Daan is the way
For all the joy and all the bliss
Daan is the way.

3. *Tapa is the way*
For all the joy and all the bliss
Tapa is the way
Do not in any way
Make lust and greed part of your day
Remove your anger and your pride
Temptation, envy throw aside
Thus you practice every day
And Tapa is the way
For all the joy and all the bliss
Tapa is the way.

4. *Karma is the way*
For all the joy and all the bliss
Karma is the way
Offer fruits of action to the Lord
Make work a way you pray
You're the reaper of the deed
You're the planter of the seed
Thus you worship every day
And Karma is the way
For all the joy and all the bliss
Karma is the way.

5. *Swadhyaya is the way*
Self Study is the way
For all the joy and all the bliss
Swadhyaya is the way
Who am I? Who am I?
Start the search today
Soul vision thus results
Swadhyaya is the way.

Come join us on the Fivefold Path
Find joy in every day
Come join us on the Fivefold Path
You'll find it is the way
For all the joy and all the bliss
The Fivefold Path is the way.

Bharatiya
Satsang

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Ecology of the Human Organism :

Dr. M. M. Bhamgara, Bombay

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A New Concept of Health

Ecology is a Home Science. Ecos means a house; in a wider context, this planet, which is our home. Ecology is the study of biosphere, the study of interdependence of atmospheric, terrestrial and aquatic life. Here, we are relating the word 'Ecology' to human organism.

The outer Ecology teaches us that there is nothing redundant in the biosphere. All creatures great and small are here for a purpose. This purpose is not always clear to us, humans, and yet it is acknowledged. That is the reason we plan to save tigers and whales and rhinos that have seemingly nothing to do with us. In the human system too, there is nothing useless or low: neither tonsils nor appendix nor any other organ. All are there for a purpose, known or still to be discovered and we have to maintain their structural and functional integrity.

Just as in the biosphere, in the human system also there are life sustaining spheres. There is an inner environment-millieu interne-within our body and there is interdependence of the various organs and systems of the body.

We are *"of earth, earthly"*, as a poet has said; *"Dust thou art"* as Scriptures have said. We are constituted of earthly elements but there is water also in the system. In fact, two-thirds of us is water. And, of course, there is air too within us. We are made of Five Great Elements and life is sustained by ingestion of these five elements, directly or indirectly, mostly indirectly. For example, we do not eat the earth as such but we eat plants which draw their sustenance from the earth. We get nourishment from Light not so much by direct sunlight but via the photosynthesised nutrients which, again, the vegetable kingdom provides us.

Man the Unknown

Let us study what Dr. Alexis Carrel has to say in his monumental work, *'Man, the Unknown'*, regarding Bodily Ecology. Dr. Carrel won Nobel Prize for his pioneering work in transplanting of organs. He says :

"Functions of the body are less precisely located than organs. The skeleton, for example, is not merely the framework of the body. It also constitutes a part of the circulatory, respiratory and nutritive systems, since, with the aid of the bone-marrow, it manufactures leucocytes and red cells. The liver secrets bile; destroys poisons and microbes, stores glycogen and regulates metabolism in the entire organism."

It may be pointed out here that in fact, liver is the most amazing of all organs. It does more than 500 jobs, producing over 1000 different enzymes for various chemical conversions. Besides, liver is also a safety valve for the heart. Like a sponge, liver can soak up extra blood which may otherwise jeopardise the heart's normal funtion. There is direct connection between heart and liver via the hepatic vein. Liver is also a great detoxifier; in the twelve seconds which the blood takes to pass through liver, poisons such as alcohol, nicotine, caffeine, insecticides or drugs are rendered harmless to the heart. Dr. Carrel further says :

"In a like manner, the pancreas, the suprarenals and the spleen do not confine themselves to one function. Each possesses multiple activities, and takes part in almost all the events of the body. In illness the body preserves the same unity as in health. It is sick as a whole. No disturbance remains strictly confined to a single organ."

We in Nature Cure, have a principle called 'Unity of Disease' which is based on this concept. To quote Dr. Carrel again :

"Doctors have been led to consider each disease as a speciality by the old anatomical conception of the human being. Only those physicians who know man both in his parts and in his entirety, physically and mentally, are capable of understanding him when he is sick."

This emphasis on the study of the total man is important. AS I OFTEN SAY, IT IS MORE IMPORTANT TO KNOW WHAT SORT OF PATIENT HAS THE DISEASE, THAN WHAT SORT OF DISEASE THE PATIENT HAS. Dr. Carrel sums up this fact of the body-mind complex acting as a homogeneous whole, in these beautiful words :

"Man thinks, invents, loves, suffers, admires and prays with his brain and all his organs."

Inner Pollution

We are being increasingly concerned, and rightly so, about the pollution of air and water. The biospheric pollution is a hazard not only to our health, but to our very life. And not only to the human life, but the life of all flora and fauna. We ought to feel equally concerned about the pollution of our human system, this temple of God, which we defile time and again throughout the day, all our life. We ought to know that each cigarette smoked pollutes the lungs and the blood; every sip of alcohol pollutes the stomach and the liver and every cup of coffee pollutes the nerves and the heart. These are medically acknowledged pollutants of the system. People do not know about the other pollutants that are available at the chemists. Each and every drug in allopathic pharmacopoeia needs to be cautioned against as much as we caution against marijuana and LSD.

Simplest aspirin, right up to the antibiotics, all have side effects; mostly not immediately recognisable, but remote side effects. As Rene Dubos, a medical scientist of the Rockefeller Institute, New York, in his monumental book *Mirage of Health* has said, in case of antibiotics, one harm is that with the belligerent bacteria, the beneficial bacteria are also destroyed. If medical men studied this *Mirage of Health* and other books such as *Side Effects of Drugs* by L. Meyler, they would be less inclined to draw out lengthy prescriptions for what ails their patients.

Drugs or Time-Bombs?

There are usually several underlying causes for each ailment and illness and drugs have no power to fathom these. For example, classified under three headings, functional, toxic and mechanical, pathology lists 203 causes of the simple complaint of headache. All headache remedies usually have acetyl salicylic acid with caffeine or phenacetin. These drugs not only fail to deal with any of the causes of the headaches, they quite often engender kidney troubles.

Every drug, nay, every dose of every drug diminishes our vitality. And some are like time bombs; some show their side effects after twenty, thirty or more years! In 1950's Stilbestrol was widely used for threatened abortion. This resulted in vaginal cancer, not in the women themselves, but in some of the girls born to these women, when these girls were 15 to 20 years of age!

Needless Surgery

What is true of drugs is also true of surgery. Truly surgical cases are few; surgery is warranted perhaps in one in a thousand of so-called surgical cases. And yet organs are excised most nonchalantly without regard to the body's total integrity.

Iatrogenic Disease

Very humbly, though with strong feelings, I put before readers this studied view that the prevalent epidemic of heart diseases, kidney diseases, diabetes and cancer, is as much due to indiscriminate use of suppressive drugs for minor aches and pains and colds, coughs and constipation, as to other acknowledged causes. Chronic diseases arise largely because of repeated suppression of acute troubles by drugs which simply mask the symptoms, without extirpating the underlying causes of the troubles. Iatrogenic diseases are on increase; 'iatros' means doctors; iatrogenic means caused by medical men or medical methods. Most modern diseases, in fact, are iatrogenic, directly or indirectly.

The fault is not of medical men, however, but of medical education. Most doctors are well meaning but good intentions are in no way helpful, if the administrations are obnoxious. Even the path to hell is sometimes paved with good intentions. A poison remains and acts like a poison, despite the practitioner's sincerety and best wishes.

A few hundred thousand Americans are admitted to hospitals yearly, because of drug reactions. There are over some 20,000 varieties of drugs in chemists' shops; three to four hundred are added to these annually. Most drugs succeed by interfering with the psychosomatic intelligence. About this intelligence, Dr. Carrel has said, "Each part of the body seems to know the present and the future needs of the whole, and acts accordingly." He says, "The body perceives the remote as well as the present." SINCE THIS INTELLIGENCE WITHIN IS SO COMPLETE, HAVING EVEN THE FACULTY OF FORESIGHT, WHY SHOULD WE BRING IN OUR BRAINY INTELLIGENCE, WHICH CANNOT FORESEE OR

PERCEIVE THE REMOTE?

We thwart the 'vis medicatrix naturae', the healing power of Nature, by trying to be smarter than Nature. We forget that we are part of Nature and therefore can never be superior to the whole which Nature is. Conquest of disease is impossible, though seemingly we may win victories. We suppress one disease, and out crops another, perhaps worse one. Give tranquilisers to the worrier, and add one more worry to his list, that of hepatitis. Give anti-coagulants to the heart patient, and cause bleeding from the bowels or urinary tract. Give cortisone for arthritis and induce gastric ulcer. Give antibiotics for streps and staphs and breed highly resistant strains of bacteria causing 'super infections' which, in America alone, kills a hundred thousand hospitalised patients annually. In India, in Bombay and Kerala, typhoid bacteria have become resistant to antibiotics. We are creating a havoc, a chaos, within our system, by use of drugs, where other natural methods can cure by restoring harmony within.

The harm is not only physiological; it is psychological as well. Modern medicine is breeding escapists. I am no sadist, but I do feel that some suffering, physical and mental, is important for our growth, maturity and education. Naturopath James Thomson rightly said, "It is better to suffer than to diminish sensitivity. Pain can lead to improved habits. Unawareness enormously increases dangers." Tribulations and stresses also help build character, and improve ability to cope with catastrophes. HABIT OF PALLIATION BY DRUGS MAKES PSYCHO EMOTIONAL CRIPPLES OF US.

Who Fails Whom?

There was a report in our papers recently that 'Indians are becoming increasingly afflicted by renal diseases'; and that '30,000 people in India would need kidney transplants yearly.' Why? Why are our kidneys failing? Why are our hearts and livers failing?

Basically, our organs are extremely strong. All organs have a built-in safety feature. They have at least a hundred per cent extra reserve capacity. If one kidney is removed, the other does double duty. In case of the adrenals, those tiny winy glands producing fifty hormones, even twenty per cent of their tissue can suffice for body's needs. Heart is so strong it can pump blood through 60,000 miles of blood vessels that you and I have. (This is more than twice the distance round the world!) Heart is the strongest muscle in the body. But we wear it down by smoking and becoming overweight; every pound of extra fat contains extra 200 miles of capillaries. Liver is not only a Jack of all trades, but master of most. These tough wonderful works of Nature are failing us, because we are failing them.

Let Your Food Be Your Medicine

We continuously assault our hard-working and silently suffering organs not only by drugs, but also by wrong foods, foodless foods, counterfeit foods, which include soft drinks, the cokes, glucose candies and all that junk! 'Proper Eating Habits' is an important rule of health. More people the world over die of overeating and wrong eating than of starvation. This is an apt saying because, in a sense, even those who overeat, starve. As a wit has remarked about gluttons, one-third of what they eat nourishes them; the remaining two-thirds nourishes their doctors. Many people do dig their graves with their knives and forks; instead of eating to live, they live to eat.

It may be interesting to note here what Prof. Paul Bastenie, M.D., Ph.D., of the Ecole de Medicine in Brussels, Belgium, has to say in Pfizer's 'Diabetes Rounds' 1973 : *"During World War II, diabetes disappeared in most of the patients who had the maturity-onset type of the disease. And it disappeared not only in terms of a urine that was sugar free but also the blood sugar tests became normal again. . . Then when food became plentiful, these same people became fat again, and after the war they had many opportunities to eat as much good food as they wanted. So, diabetes recurred."* What is true of diabetes, is true of many other diseases. 'Good Food' is bad food; indulging in gustatory delectation of the goodies, harms our health.

Our natural food is vegetarian; our system resembles that of other primates or the higher apes such as gorillas which are vegetarian. JUDICIOUS VEGETARIAN DIET ALONE CAN HELP REDUCE THE INCIDENCE OF MOST KILLER DISEASES BY AT LEAST A THIRD. FOR EXAMPLE, THE ANSWER TO CHOLESTERAL PROBLEMS LIES IN CHLOROPHYLL, THE GREEN COLOURING MATTER OF PLANTS. Those who have high levels of cholesterol in blood should avoid meats and take more of leafy greens, at least partly as salads without salt or dressings. Unfortunately, even vegetarians suffer from diabetes, cancer and heart diseases, because they take too much salt, sugar, refined starch or saturated fats.

Exercise

Movement is life; stagnation is death. Lack of exercise is another disturber of inner ecology. We should be as hard working as our organs but we have, unfortunately, adopted a soft style of life. The body needs one hour of exercise daily. Most diseases, including cancer, can be prevented by exercise. Cancerous cells lack oxygen; better oxygenation of blood by vigorous exercise prevents this lack. Exercise is a preventine of high blood pressure and coronary arterial disease too. Besides, exercise could help cure these conditions.

Jogging is a good prophylaxis against cardio vascular and respiratory diseases. At San Diego State's Human Performance and Exercise Clinic, Drs. John Boyer and Fred Kasch put high blood pressure patients on a walk, jog and stretching exercise program and found that the blood pressure thereby came down. In one study in Boston, middle-aged and elderly hypertensive men took part in a schedule of exercises such as cycling, calisthenics, jogging and swimming for up to six months. The average level of B.P. came down from 155/95 to 133/85. Of course, exercise could not help the arterio sclerotic.

We have Yoga asanas which too are a great help in many diseases, such as asthama, liver disroders, diabetes, digestive troubles and spinal defects. The surprise is that doctors do not prescribe excercise for most such diseases though exercise is a master conditioner for the healthy and major therapy for the ill. Medicos talk of life saving drugs. It is high time they started taking note of life saving exercises and life saving diets.

Relaxation

Not only sound sleep but also rest and relaxation are badly needed for optimum ecological balance of the body. Many unhappily, are half asleep by day and half awake by night. Apart from seven or eight hours of sleep one needs to learn to relax in between work, and even during work. What I mean by relaxing during work, is not that we sleep at the desk, but that the bodily energy should not be frittered away in unnecessary movements. Only those muscles which are involved in a particular type of work should be allowed to work, the remaining muscle groups being kept relaxed. Even pen-pushers have to bear this in mind. I so often see people at their desk, holding their pen tight, and using the whole right arm tensed, whereas writing could be more efficiently done with perhaps one third the energy they expent. Same is true of waste of mental energy. TWO-THIRDS OF OUR MENTAL ENERGY IS WASTED IN FEARS, DOUBTS, JEALOUSIES, HATRED AND OTHER NEGATIVE EMOTIONS.

The Yogic relaxation posture, the Shavasana, made famous by cardiologist Dr. K. K. Datey, is of great therapeutic and prophylactic value in stress disorders.

Prevention Better Than Cure

There is an apocryphal story of a village which nested on top of a cliff. From the cliff was a precipitous drop of a hundred metres in a valley. At times people fell down from the promontory of the cliff; some escaped with broken bones, whereas others died. The village council decided to do something about these calamaties. What do you think they did? They had a nice little hospital built down in the valley, staffed with nice doctors and nurses. A nice little operation theatre was there for them to work in and a nice little ambulance was kept ready round the clock, for all eventualities! Nobody thought of putting up a railing or wall round the cliff! The story of that village is the story of the world. We all are as foolish as the old men of that village council.

We forget that 'Prevention is better than cure'. In fact, we are breeding diseases these days that cannot be cured. Why not prevent their onset by right living habits and creating and contributing to a clean environment?

Extensive Cardiac Care Units

Investment of time, energy and money in health, pays the highest dividends. Let us plan to have, therefore, Extensive Cardiac Units, where people learn right relaxation techniques and right type of exercises and know about what to eat and what to avoid in food.

Physicians As Educators

Saving kidneys and hearts by weaning patients away from ACTH, hypotensive and other drugs is not spectecular, whereas putting a person on dialysis is. Weaning a person from smoking or drinking and thereby saving his heart, lungs or liver is not spectacular, whereas heart surgery is. BUT THE PHYSICIAN OF TOMORROW WILL HAVE TO BE LESS OF A DRUG PRESCRIBER OR A SURGEON, AND MORE AN EDUCATOR OR TEACHER. HE WILL HAVE TO ESCHEW VIOLENCE ON THE HUMAN SYSTEM, AND SEEK TO CURE DISEASES WITHOUT DISTURBING THE PSYCHOSOMATIC INTEGRITY. Thomas A. Edison said, "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame and in the cause and prevention of disease."

Perhaps, we should adopt the practice prevalent in ancient China, where physicians were paid by people so long as they remained healthy. No sooner a person fell ill, he would stop paying his physician till he got well. This motivated physicians to keep people in their community healthy. And this, ipso facto, made doctors educators. Our Health Minister rued some time back that he is more a Minister of Disease than a Minister of Health.Our doctors too, minister more to the diseased than to the healthy. Ministering to the healthy would, of course, mean dissemination of health knowledge.

Rest and Fast

The book *The Lives of a Cell* by Lewis Thomas, records at one place : *"We pay too little attention and respect to the built in durability and sheer power of the human organism. . . We ought to be developing a much better system for general education about human health, with more time for acknowledgement and even some celebration of the absolute marvel of good health that is the real lot of most of us, most of the time. The great secret of Medicine, known to doctors but still hidden from the public, is that most things get better by themselves. . . Most things, in fact, get better by morning."* May one ask why is this great secret of Medicine still hidden from the Public? For pecuniary reasons? That apart, it sounds like Naturopath James Thomson's advocacy for natural cure by *'Intelligent Leaving Alone'.*

Dr. Richard Cabot says, "Given rest, proper food and ease of mind, ninety per cent or more of patients get well." He records in that excellent *Reader's Digest* publication, *Book of the Human Body,* the case of an elderly man who died in an accident, who was as per his wife, never sick in his life. Autopsy however, recorded : "(1) Healed tuberculosis of both lungs (2) Cirrhosis of the liver with all the blood going round by a new set of vessels above and below his liver (3) Chronic kidney trouble but with reserve kidney tissues to function despite the destruction of parts of both kidneys (4) Hardening of the arteries and compensatory enlargement of his heart. No doubt he had had high blood pressure for a long time. All this he never knew. He was well despite four potentially fatal diseases inside him."

Such cases are not exceptional. All coroners happen to see dead bodies with organs grossly diseased of which the persons concerned had no knowledge in their life time. Cases of pulmonary tuberculosis that once occurred and got spontaneously cured are seen by coroners in our country. Makes us wonder if ignorance is not a bliss! Seems like there is some truth in the saying 'What you do not know does not hurt you'.

Also we feel like asking ourselves if the usual recommendation for regular medical check-ups after a certain age is a sound idea. Forewarned may be forearmed but what if one tries to arm onself with drugs, the baneful effects of which we have already studied? And what if one becomes neurotic or hypochondriac as many do? Cardiac Neurosis is a prevalent trouble in our larger cities.

Nature Cures

THERE IS ONE SYSTEM OF MEDICINE WHICH REALLY UNDERSTANDS BODILY ECOLOGY AND PUTS IT INTO PRACTICE. IT IS WHAT IS CALLED NATURAL HYGIENE IN USA, AND, AS MORE LOOSELY AND ACCOMMODATIVELY APPLIED, IS KNOWN AS NATURE CURE IN UK, INDIA AND ELSEWHERE.

Nature Cure actually is a way of life but even when restricted to its meaning of 'a science of healing', it is to be understood as a positive approach to health in which the rules of health and hygiene are of the greatest importance, to get cured and stay cured. It is the only system that considers the vital power to be the curative power and all healing the prerogative of Nature. Of course, all the 'pathies' do believe in the vital power but not to the extent that Nature Cure does. No surgeon would dare cut open his body if he were not sure that Nature would finally heal the incision that he has made. Nature Cure however, believes that the vital power is the only curative power and that it can be assisted in its healing work by removing obstacles from its path. If food is the obstacle, fasting is called for. If suppressive drugs are in the way, they have to be discontinued. If negative emotions are in the way, they have to be checked. In short, all those conditions which contribute to disease have to be altered so that state of health is gradually restored.

Natural Therapeutics

The therapeutic modalities often employed in Nature Cure, include Kinesiotherapy or remedial exercises, Massage, Osteopathy, Hydrotherapy, Actinotherapy, Psychotherapy, besides strict diets and complete fasts on water only where necessary. Fasting is employed because a Naturopath holds that elimination of effete matter from the systems can best be speeded up by more or less completely suspending the digestive processes. Fasting is physiological rest; it is not to be confused with or equated with starvation

Proper Study of Mankind is Man

We should not lose sight of the fact that despite all the seemingly miraculous advances of modern medicines the study of the patient is still more important than the study of his disease. And this is true not only of the better known psychosomatic disorders but of all conditions from common cold to the fell disease cancer. Nature Cure takes into account the whole personality of the sufferer. Its approach is never fragmentary because the human being is not only the human body--his temporary tabernacle--but also the human mind and the spirit that dwells within.

Dr. Kepler of the Mayo Clinic, USA, has suggested as remedy for the psychosomatic ailments of modern times, the philosophy that our life should be equally influenced by Love, Work, Worship and Play. This is not to say that we devote equal or separate time to these four factors. That is neither feasible nor desirable. The necessary thing is that our life should be equally influenced by these four essentials. Then there can be a healthy interplay of two, three or all four factors simultaneously.

Since health is not just absence of disease but a state of harmony among all the facets of our being we must learn something about that plane of our being--the triumvirate being--which is variously named the spirit, the soul or the true self. In reality, this true self of ours is the one most neglected by us, though success in fathoming it is the only way to lasting peace in times of strife, stress and strain.

Exploring The Inner Space

Just as at the bottom of the ocean there is always total calm though violent storms may be raging on the surface, so also this centre within us is always tranquil, howsoever mush the body or mind be in agony or turmoil. A sage has compared this centre to a room within us which, he suggests, we should make a practice of entering from time to time. It may also be called the inner space. Man has made great advances exploring the outer space. It is high time he explored the inner space.

DR. CARL C. JUNG, THE GREAT PSYCHOLOGIST, IN HIS LAST DAYS AVERRED THAT ALMOST ALL OF US CAN HOPE TO RESOLVE OUR CONFLICTS PERMANENTLY IN ONLY ONE WAY I.E. BY

HAVING A RELIGIOUS OUTLOOK ON LIFE. AND HE WENT ON TO EXPLAIN THAT BY RELIGIOUS OUTLOOK HE DID NOT MEAN OUTLOOK OF ANY PARTICULAR RELIGION BUT THE QUINTESSENCE OF ALL RELIGIOUS SYSTEMS WHICH GIVE A TRUE PERSPECTIVE OF LIFE TO THE SEEKER OF TRUTH.

Yogic Discipline

In conculusion, it will be noted that Nature Cure approach being based on the trinity of our being is an integral one. It does not believe in tinkering with symptoms to cure disease. It does not provide any short cut to health, for there is none. It is logical, sane and scientific. If it be asked "Why is Nature Cure not popular if it is so wonderful?," the answer is that it demands much from the sufferer by way of sacrifice, sacrifice of time and sacrifice of harmful habits. Nature Cure wants him to earn health by selfeffort. It asks him to exercise self restraint and practise self denial. It prohibits baneful indulgences such as smoking or drinking, which give temporary pleasure at the cost of lasting health and happiness. Patients, however, are impatient and nobody is prepared to change his habits. Selfdenial and self restraint are unwelcome impositions. Ignorance in health matters is abysmal and it is a greater task to enlighten the educated than the uneducated. Prejudices are stronger in the educated.

Herbert Spencer said: "THERE IS A PRINCIPLE WHICH IS A BAR AGAINST ALL INFORMATION, WHICH IS PROOF AGAINST ALL ARGUMENT AND WHICH CANNOT FAIL TO KEEP A MAN IN EVERLASTING IGNORANCE. THAT PRINCIPLE IS CONDEMNATION BEFORE INVESTIGATION." NATURE CURE HAS MET WITH SUCH CONDEMNATION IN THE PAST. IT CERTAINLY WILL NOT MEET WITH THE SAME FATE IN FUTURE. NATURE CURE HAS COME TO STAY.

US Satsang, Vol. XIII Nos 8 & 9, September 1985

BHARATIYA SATSANG NEWS

Gourishankar Das
Railway Employees Yajnyashala
Porter Kholi, Kharagpur, W-Bengal.

West Bengal: Kharagpur is the famous Railway town in West Bengal. Adjoining the railway station is the colony of railway employees known as Porter Kholi where people from different states mostly from Orissa, Andhra Pradesh, Bihar, Bengal, Tamil Nadu, Madhya Pradesh and other states live. Majority of them are Harijans employed in the railways.

About seven years ago David Powers, a young man in his twenties arrived in Kharagpur from the Unites States. It was he who first brought the message of the Fivefold Path from the West to the people of Porter Kholi. The basic things he taught was Agnihotra for happy living of human beings. Mostly children took interest in learning Agnihotra and so was it with the elderly persons. With the inspiration from David young Agnihotris decided to construct a room of silence where only Agnihotra would be performed. Accordingly a small beautiful hut was constructed by the voluntary efforts of young Agnihotris. This was the first FIRE TEMPLE in Kharagpur. Children trained by David are regularly performing Agnihotra in this temple.

In course of time we also built a Yajnyashala (Therapy Hut) in the Porter Kholi. Here besides Agnihotra daily four hours Om Tryambakam Homa is regularly performed and on No Moon and Full Moon days it is done for twenty four hours. Men, Women and children of all ages take part in these Yajnyas. The purpose of the Therapy Hut is to cure patients suffering from mental stress and strain as well as physical ailments. Patients are allowed to sit in the Therapy Hut as long and as many days they want. They get cured automatically by the healing radiated from the Yajnya Fires. On account of this miraculous healing many have taken to Agnihotra.

Adjoining the Yajnyashala we have constructed two more huts. In one hut yoga classes are held. We teach yoga postures and yoga breathing exercises. These classes are held during early morning hours till morning Agnihotra. The other hut is reserved for Homa Ash Therapy. Here we teach as to how to make medicines from Agnihotra Ash. Also Ash medicines are distributed freely to the needy ones.

We are also planning to erect a Goshala (a cowshed) near Yajnyashala. The cows reared here will always remain healthy due to healing atmosphere created through Agnihotra and other Homas done in the Therapy Hut. Their yield will be effective![1] Also we can cater the needs of ghee and cowdung cakes required for Agnihotra.

Another interesting activity is the music class. About fifteen to twenty children attend this class. Besides tabla and Harmonium we teach children bhajans and devotional songs based on the Fivefold Path. We have also appointed a professional teacher to teach classical dances to small girls. At present 8 to 10 girls are under training. Music classes are generally held on sundays prior to evening Agnihotra. Our aim is to teach Agnihotra and the Fivefold Path also through the medium of music and dance. In future we intend to take our troupe all over the country for propagating Agnihotra and the ideals of the SATYA DHARMA.

Every Sunday we visit different Harijan colonies in the Kharagpur area for propagating Agnihotra. Those who cannot afford to buy copper pyramids we give them earthen pyramids. These clay pyramids are of superb workmanship and are made by a potter from Medinipur, a district town about 10 km. from Kharagpur. There is a growing demand for these clay pyramids from Maharashtra, Madhya Pradesh and Delhi.

Orissa State : David Powers with Subodh Acharya of Porter Kholi, Kharagpur, first visited Behrampur, Ganjam District, in 1983. They introduced Agnihotra in the Harijan colony of Jaymangalnagar, a part of the town. Sumanta Das and Lal Mohan Behera, devout Agnihotris with the voluntary help of the Harijans have erected a Therapy Hut in this colony. They have named it as Jaymangal Yajnyshala. In this Yajnyashala regular Agnihotra and daily two hours Om Tryambakam Homa are performed. Gourishankar Das and Sumanta Das, the Fivefold Path teachers from Kharagpur, pay regular visits to Behrampur and assist in propagating Agnihotra. Many have taken to Agnihotra. These two Fivefold Path teachers also visit other towns in Orissa. They have already introduced Agnihotra in Cuttack and Bhuvaneshwar.

Bihar State : Gourishankar Das, Sunil Sharma and Kaushik of Porter Kholi have introduced Agnihotra at Bohari and Buddha Gaya.

1 If Agnihotra is performed regularly for 21 days in a cowshed the cows give an effective yield, that is, increase in the quantity and cream percentage. This is based on the REVEALED knowledge.

BHARATIYA SATSANG CORRESPONDENCE

A letter to the Editor from Mr. S. V., Talegaon Dabhade Rly. station, Dist. Pune.

This gives me an apportunity to narrate a few experiences of the miracles of Agnihotra and Agnihotra Ash medicines.

In the first place my own personal experience is fantastic. It was due to crisis in my life that I became an Agnihotri. About five years ago I was suffering from severe pains in my abdomen. I tried all the pathies but they failed to relieve my pains. Day by day I was becoming desperate. I was loosing mental balance. I felt like committing suicide. Ultimately my relatives admitted me in the hospital. There I underwent all the medical tests but the doctors failed to diagnose the cause of my pains. I was discharged from the hospital and returned home with no hopes for any cure. One day as the luck would have it I met a person who told me the miraculous healing powers of Agnihotra. He said to me that if I had tried all the medicines why not try Agnihotra as a last attempt. With faith and determination I began to perform Agnihotra regularly and puctually. In a few days I started feeling better and in a month's period the pains were fully healed. I regained my self confidence and began to enjoy the normal life.

This was a new chapter in my life. I became convinced that Agnihotra is the true SAVIOUR. I became a devout Agnihotri. It became the most important aspect of my life and that of my family as a whole. I have found that Agnihotra Ash too has wonderful healing powers. Once my country dog developed rabies. My neighbours tried some medicines to our dog but nothing happened. I thought why not try Agnihotra Ash And lo! The Ash worked miraculously on the rabies. My dog was cured in a week's time.

Once I had gone to Bombay. I went to see my friend in Ghatkopar, a subburb of Bombay. I found that his five year old son was suffering from eczema-like rash over his head. I gave him some Agnihotra ash to try for son's disease. Then I left for my home town. After five days I received a letter from my friend stating that his son was completely cured.

The last experience to be mentioned is that whenever I suffer from cold I put Agnihotra Ash in the boiling water and inhale the steam several times. I repeat this experiment twice, sometimes thrice a day. I get fully rid of the cold.

I feel this simple Agnihotra and its various healing aspects should be introduced to the people at large. It not only acts on the physical ailments but a powerful antidote to mental stress and strain. It is more than a medicine. It keeps one happy all the time.

With best regards and love,

FROM VASANT'S CORRESPONDENCE

Events start to take place as if timed exactly to the minute. Time is running out for the planet. There are subtle influences from other planets.

Greatest forces of destruction are reaching the earth's surface. We should sit more in silence and meditation. The earth is being moved by forces beyond our imagination. There is so much destruction in the air now. Forces working against the planet increase now.

Gravitational pull is increasing. there will be more misery now if we do not practice healing fires given through Vedas.

ONLY LOVE CAN COUNTERACT THE FORCES OF EVIL. Grace of God bestows upon you such power now. It must be considered blessings. There must be total devotion, total faith, total humility. You are so close now. No words can convey what is being done upon you.

All our poeple must come together. They must be guided firmly but with total love and innocence. Elevation of soul comes only through purification of the mind. When one does not seek liberation one receives it by Grace. We are fortunate to have been given the easiest way.

So much of this knowledge must now be spread with reverence and humility. All our children are taken care of. They have a choice to obey or not. If they obey they are filled. If not, it is a blessing anyway. Everyone must be told bluntly about the Fivefold Path. It is time now. It is 'take it or leave it.'

Through your deep devotion and your purity the way is created on which God can descend. This preparation is necessary for the material aspects of this revelation.

Importance of Agnihotra goes beyond scientific explanation. It gives a link with the Almighty. When you see past the physical you begin to think

of what importance this is. Through Agnihotra many will be brought home.

SCIENCE WILL MERGE WITH RELIGION. ONE AND THE SAME.

Feelings of power will now increase in those whom He has appointed. When you walk in the world as a saint you wear only one robe and that is the robe of LOVE. It is all colors and it has no color. Now all world unites under FIVEFOLD PATH.

You have been chosen to do some special work. That work is now being unfolded to you. It is His will and His will be done. You are working so hard. It is a difficult task but all Grace is afforded to you. All Grace. Remember the Mantra, Mantra, Mantra.

Know that you are only here to fulfil the holy will of the highest God. Know this and refuse all else what is negative so that your life becomes simple. Listen only to your inner voice which always, louder, will guide you. You need courage, confidence, affirmation and firm will to reach higher. Then you can not go wrong and highest laurels will be yours. Do not ever look behind you. Always look in front, at your goal.

Your only weapon is LOVE. With whatever you have to fight you have only this single weapon which is the strongest weapon. This is the way.

Love will rise as a sound current to heal the planet.

Now you are starting to have that humility. Now it breaks through. Your consciousness becomes elevated and it is like being upon a stage where you can see out over the world. It is like that. You go a little higher and nothing disturbs you really. You get only minor discomforts actually. You reach a point very quickly where if you just rise a little higher you view the world without getting stuck in it. It is like you are driving on a higher level and below you, all the other autos are crashing into each other and it seems like mass confusion. A little higher and you are free from all that. It is like that. Actually, I am feeling so good that you are paying attention to what is told.

Wherever you go, you must be humble. When you stay in someone else's house you should be grateful. You do not wish to become a saint by spoiling others. Do not tell someone how to keep his house clean. You have no authority to do that.

When someone is a guest in your home treat him with respect and keep silent where you see his shortcomings. All kinds of people will pass into your life and try to treat them with respect. For you also humility.

Each day you make up a schedule, time for exercise, meals, time for hard work, writings, programs and time set aside for your son, a planned activity with him also .If you make up earlier you can complete household cleaning chores before the day begins. You make the effort and it is given to you. So easy now.

Create an atmosphere of loving kindness. Always think of the other person It is not a difficult task and you are cheating yourself out of anything. Your needs will always be met very quickly. There is no need to be self centered when someone is looking after you. You are then free to look after others. When you are so taken care of you need have no worry for anything. You only need to do the disciplines and focus all parts on performing good actions towards others. This is the only way negativity can disappear. You will find this true in all relationships.

Doing the disciplines is to train the mind into a spirit of humility because at these times actually the mind is calm and things can be given at that time. So, of course, disciplines are going to help you. Stil unless that spark of devotion comes--then you are better off than the rest--the thing words to comfort you. Do disciplines and practice every day that humility. I mean it has to come from the heart but at least you can try to be humble.

Do maybe two hours planning work for your school. Better to have two hours quality work than five hours and be exhausted. Yu can also work a little at a time.

When you are ill you should not work with children. You are doing nice work with children. Try not to become too discouraged when they are a little wild. Just remember do everything you do with love and do not even think of yourself being inconvenienced. Just go on being truly loving. Do the disciplines and you will be a great teacher.

You are to receive many blessings for this work. What you have done is only a beginning. See how beautiful it comes. A seed which has been planted will only bear fruit at correct time and with proper nourishment. Yajnya atmosphere is that nourishment. So as far as possible do Yajnya as well as Agnihotra in your home. Surround youself with good people, as far as possible. If someone is disturbing to you best not to get angry with him. Merely avoid close association with that person but always be the one not to succumb to anger. You can be firm without being angry.

If you are doing as you are told still there is os much for you. There is so much opportunity for you to rise higher. You are beginning again to achieve humility--Do not forget meditation timings.

She has to clear her health before thinking to have another child. This is preferred way. Of course if she is already pregnant she will be in need of much more rest and proper diet. Then best thing is to get completely well and then get pregnant. Otherwise there are problems the body does not need to have, to complicate the already frail system. Still if she gets pregnant she can eat pure diet and rest and she will be ok.

Terrific chances are given to you. Now, I tell you, you must have that humility and then everything can come. Just have humility in every small matter. You know.

We are asking no one to follow us. So when you teach people about Agnihotra, Yajnya, Fivefold Path, it is not necessary to even mention our names. This is to go to everyone regardless of one's faith or station in life. Their minds should not be burdened with things which are difficult even for a highly developed devotee to understand.

So it is also in other cases whether or not to explain the principles of Fivefold Path or first to perform Agnihotra, whether or not to chant Sapta Shloki, all this is up to the situation. You will get a better sense of this as you teach more in different places.

LETTERS TO SATSANG

Quilpue, Chile

The big earthquake of March 3, 1985 was terrible. That Sunday at 7 : 46 p.m. the movement began. Now, more then 70% of the houses are damaged.

At the moment of the earthquake, my husband and I were alone with the dogs and cats. He was so frightened with everything moving--books, tapes, porcelain and other things falling down. There was such a big noise under the earth. Mother Earth was really angry. I was not afraid because I knew I was protected because we do AGNIHOTRA copper pyramid healing fire twice daily. I could feel the Grace in my home.

The destruction was everywhere. It was terrible. But in my home, not even a window was broken. OM SHREE OM.

One of the girls lost everything. Her house was completely destroyed. After the earthquake, Zlatica, came to my house and she told me, "I have no house. A wall almost fell on me and killed me." From that moment, she is living with my husband and me. We are happy because she and I can do more Yajnya. We pray and do a lot of Homa with Om Tryambakam Mantra.

We are going to perform four hours Om Tryambakam at Angelina's healing centre and we will try to do 24 hour Homa on No Moon and Full Moon days.

Thelma Buitano

Bydgoszez, Poland

Thank you for your visit. It was very nice you found some time to visit us. Every visit is a great experience for us. Each is extremely useful for our development and enriches our knowledge in Homa therapy which is an essence of our life. After the last visit many unforgetable things happened and many affairs turned in good directions.

Richard

*****

San Francisco, California

In May, 1985 residents of Rongelap Atoll contacted the environmental group Greenpeace for help in moving to an island safer than theirs which is located 100 miles downwind from Bikini Atoll, where 1954 US H-bomb testing took place.

We moved 310 people and most of their buildings and possessions to a safer, non-contaminated island in four days of back and forth sailing from Rongelap to Mejato. WE PERFORMED AGNIHOTRA AT SUNRISE AND SUNSET ALL THE WHILE and the Rongelap people sat by quietly witnessing the fire

John Parulis

*****

San Francisco, California

I feel sad when someone gets hurt. I say prayers for them. Or when people pollute the planet. I DO SUNRISE AND SUNSET FIRE CEREMONY AND PRAY FOR OUR PLANET.

Ariel Parulis
(Age 8)

*****

Ridgewood, New Jersey

I have continued to receive your magazine SATSANG regularly and am increasingly impressed with its applications in the areas of environmental pollution, clinical medicine and agriculture.

Harry K. Panjwani, M.D., Ph. D.

*****

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Bharatiya Satsang

NOVEMBER 1985 NEW ERA 42 VOL. VI NO-6

Homa Therapy Goes Again to the Laboratory

Barry Rathner

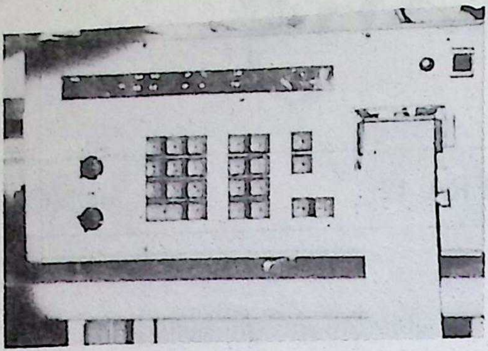
In April a visit to the laboratory of the well known researcher of subtle energies, Dr. Hiroshi Motoyama of Tokyo, was made for the purpose of subjecting Homa Therapy to further scientific investigation. The tool for these experiments was the Apparatus for Measuring the functioning of the Meridians and Their Corresponding Internal Organs, (AMI) under development since 1970 by Dr. Motoyama and patented in USA in 1976.

The AMI was designed to measure the electrical conductivity, capacitance and polarization of the skin tissue structure and the tissue fluids therein for the purpose of evaluating the condition of these tissues and the functioning of the acupuncture meridians and their corresponding internal organs, according to a publication of Motoyama's Institute for Religious Psychology in Tokyo. Various functions of the body are maintained and controlled by the invisible life energy called "Ki" (Ch'i in Chinese), essentially the same as the Prana of yogic tradition, says the Institute.

As beneficial changes in atmosphere induced by the copper pyramid healing fires which constitute the core of Homa Therapy are said to harmonize the flow of Pranic energy, we were interested in seeing if such things might be measured by the AMI.

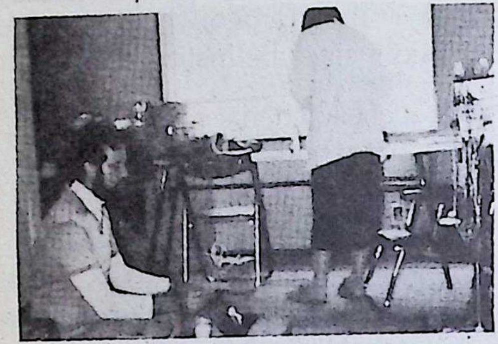
Dr. Shreekant Rajimwale, holder of a Ph.D. in Sanskrit (the language of the Vedas, the ultimate source of Homa Therapy) and myself arranged these experiments with the kind assistance of Dr. Motoyama and some of his staff including Reku and Dr. Bernice Butler, a New Zealand acupuncturist who has been doing Homa Therapy for half a year.

We both at separate times had plate electrodes which were coated with nonpolarizing electrode paste attached to our fingers and toes and a rather extensive computer printout resulted giving measurements for



AMI Machine

Dr. Shreekant Rajimwale being placed on AMI machine developed by Dr. Hiroshi Motoyama, Tokyo.



Barry Rathner performing Homa at the laboratory.

Reku, assistant to Dr. Motoyama

the various Chakras (subtle energy points) on the body. It is said that on the basis of the data, diagnoses of various physical parameters can be made including lung, large intestine, stomach, spleen, heart, etc.

Following compilation of the base data, we did a 15-minute Om Tryambakam Homa in the laboratory. As it was not sunrise or sunset, the two prescribed timings for practice of Agnihotra which is the basic copper pyramid fire of Homa Therapy, we did Om Tryambakam Homa instead.

Time was short so only I was reconnected to the AMI for an "after" reading. After this we were called to Dr. Motoyama's office for analysis of the data. He expressed pleasant surprise that the "Anahat" chakra reading on my second printout showed an "increase that indicated of one who had undergone a spiritual healing," he said.

With such favorable initial results on even such a short trial with Homa, we thought that it might be very interesting to do similar experiments with Agnihotra itself and/or longer Homas. Dr. Motoyama shared this excitement and plans were discussed along these lines.

It has been notoriously difficult to subject subtle energies—those below the electromagnetic—to laboratory investigation over the years. One problem has been to allow for the thoughts i.e. mind energy of both experimenters and subjects. This has been one reason put forth for the often noticed problems in replication by other investigators of such trials both with humans and plants. Dr. Motoyama's AMI device has been said to be an important step in the direction of illustrating and quantifying such forces.

Agnihotra and Homa Therapy have demonstrated repeated benefits psychologically, medicinally and agriculturally in the past 13 years. Much of it can be explained in a gross energy manner. Some can be explained only in subtle terms. An exciting vista is now opened.

AMI Machine

Dr. Motoyama

The AMI (an acronym for the Apparatus for Measuring the Functioning of the Meridians and Their Corresponding Internal Organs) has been under development since 1970. It was designed by Hiroshi Motoyama, Ph.D., and patented in the United States in 1976.

Introduction

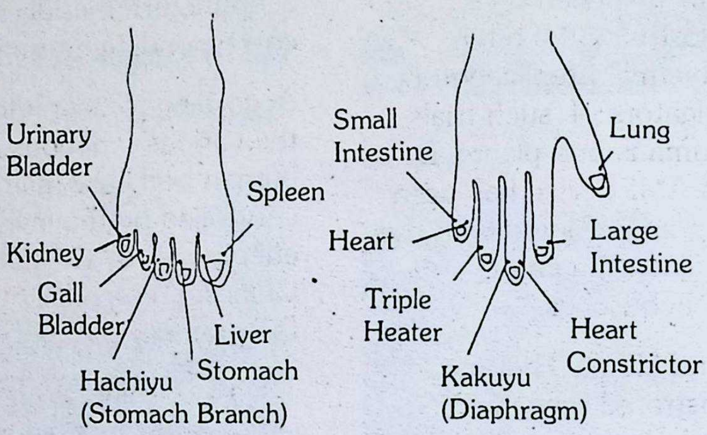
The AMI was designed to measure the electrical conductivity, capicitance, and polarization of the skin tissue structure and the tissue fluids therein, for the purpose of evaluating the condition of these tissues and the functioning of the acupuncture meridians and their corresponding internal organs.

According to acupuncture theory, the various functions of the human body are maintained and controlled by the invisible life energy called "Ki" (Ch'i in Chinese), essentially the same as the prana of yogic tradition.

The Ki (life energy) is said to circulate through an intricately interconnected system of channels, or meridians (14 of which are considered major). When the flow of Ki through the meridians is smooth and balanced there is health. But, if the Ki is blocked, in excess or deficient, then a functional disorder will result. A prolonged imbalance will bring about an organic disorder.

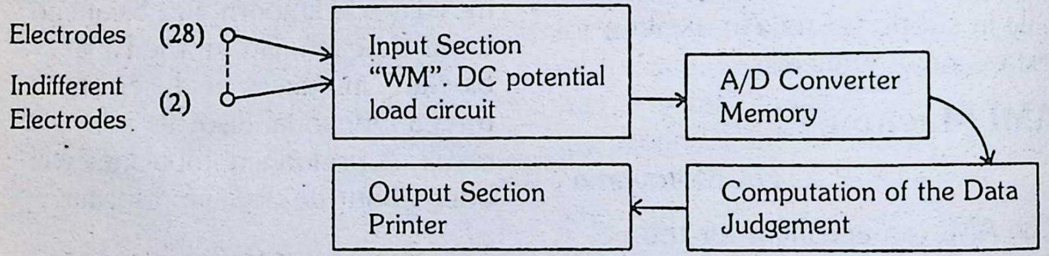
The acupuncture meridians are bilaterally symmetrical. Interspersed along the course of the meridians are the acupuncture points. These points, where the Ki flowing through the meridians can be reached most easily, are used for diagnosis and treatment in acupuncture.

Near the tips of the fingers and toes are Sei (Well) points, where the meridians either begin or end, depending on the direction of their flow. These Sei points have traditionally been known to sensitively reflect the condition of the meridians to which they belong.


Urinary Bladder
Spleen
Kidney
Gall Bladder
Liver
Stomach
Hachiyu (Stomach Branch)
Small Intestine
Lung
Heart
Large Intestine
Triple Heater
Heart Constrictor
Kakuyu (Diaphragm)

Sei Points Near the Tips of the Fingers and Toes

Outline of the AMI


Electrodes (28)
Indifferent Electrodes (2)
Input Section "WM". DC potential load circuit
A/D Converter Memory
Computation of the Data Judgement
Output Section Printer

The "Wave Memory 852" used in conjunction with the Extended AMI unit has an input sensitivity range of 0.1 Vpp ~ 100Vp-p and a writing speed of 50 nsec/word ~ sec/word, enabling it to detect very rapid transient wave phenomena. The read-out time is 1μsec/word ~ sec/word).

Prior to measurement, plate electrodes (Ag/AgCℓ;diam. 4 mm) coated with non-polarizing electrode paste* are attached to the Sei point of each meridian and indifferent electrodes (Ag/AgCℓ; 2 cm × 3 cm) are attached to the extensor surface of each wrist about 15 cm below the elbows. 3.0 Volt; 1 msec square wave pulses are then sequentially applied betweeen each active Sei electrode and the indifferent Electrode pair.

*For clinical diagnostic purposes, Keratin Cream (an EEG electrolyte paste) is used.

The actual calculated values of BP, TC, IQ and AP are BP, TC_1, IQ and AP due to the particular relationship between the downward decay of the skin current-response and sampling time/bit instrumental limitations.

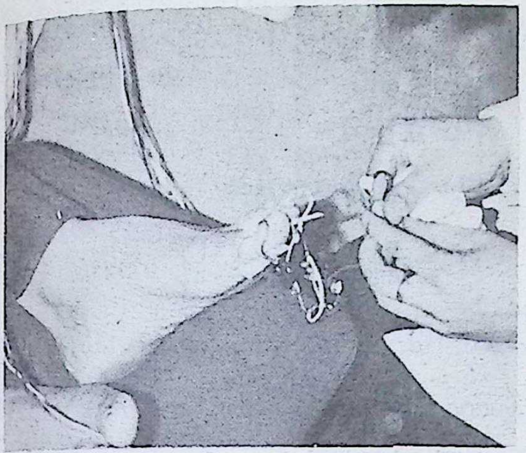


Plate electrodes coated with non-polarizing electrode paste attached to the Sei (Well) points near fingers and toes where acupuncture meridians either begin or end depending on the direction of their flow.

Definition of Parameters Monitored by the AMI

1. BP (Before polarization Current) BP is the current value recorded before ionic polarization at the epidermal barrier membranes proceeds against the externally applied potential. Since this current value is primarily determined by the physico-chemical environment of the dermal connective tissue, which is where the acupuncture meridian is located, it is therefore a parameter reflecting not only the condition of this tissue but also the meridian. Furthermore, since the physicochemical condition of the connective tissue is known to have a close relationship to the metabolism, the BP value can also be considered an overall measure of this as well.

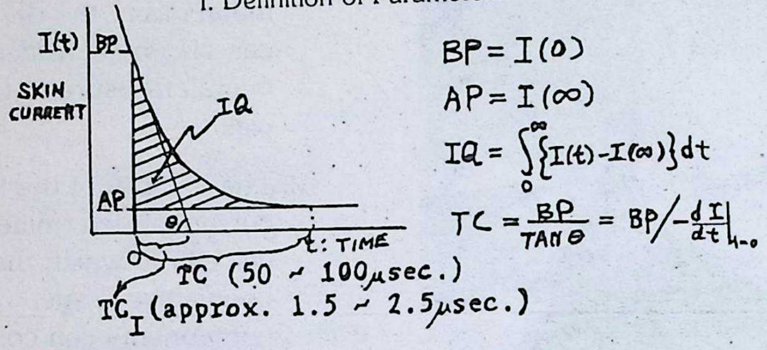
2. The velocity of the BP current is determined by the velocity at which the connective tissue components can convey the electrical energy supplied from the external source by means of their successive energy-transmitting movements in this tissue. This velocity is known to approach that of light.

3. IQ (Integrated Polarization Charge)
IQ measures the total ionic electrical charge which accumulates on the outer- and inner-sides of the barrier membranes at the conclusion of the reverse-polarization against the externally applied electric potential. This parameter reflects the homeostatic ability of the living organism. As with BP, IQ can also be considered a measure of overall body metabolism.

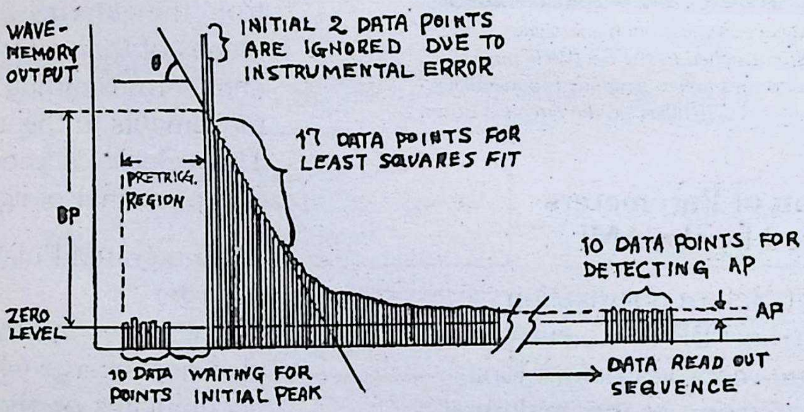
4. TC (Time Constant)
TC is a measure of the time taken for the above mentioned reverse-polarization to be completed.

current due to the externally applied potential cannot flow in the dermis because the reverse-polarization acts as an effective resistance against the applied potential.

I. Definition of Parameters


I(t)
BP
SKIN CURRENT
IQ
AP
θ
t: TIME
TC (50 ~ 100μsec.)
TC_I (approx. 1.5 ~ 2.5μsec.)
BP = I(0)
AP = I(∞)
IQ = ∫₀^∞ {I(t) − I(∞)} dt
TC = BP / TAN θ = BP / −dI/dt |t=0

II. Parameter Derivation Schematic


WAVE-MEMORY OUTPUT
θ
INITIAL 2 DATA POINTS ARE IGNORED DUE TO INSTRUMENTAL ERROR
17 DATA POINTS FOR LEAST SQUARES FIT
PRETRIGG. REGION
BP
10 DATA POINTS FOR DETECTING AP
AP
ZERO LEVEL
10 DATA POINTS
WAITING FOR INITIAL PEAK
DATA READ OUT SEQUENCE

The actual calculated values of BP, TC, IQ and AP are BP, TC$_I$, IQ and AP due to the particular relationship between the downward decay of the skin current-response and sampling time/bit instrumental limitations.

5. AP (After Polarization)
AP is the current value which still flows after the completion of reverse-polarization in the skin. After the completion of the reverse-polarization, the

After this time, therefore, the current can only flow in the epidermis. This is the After (reverse) Polarization current = AP current.

During the reverse-polarization process the boundary membrane discharges its minus potential, enabling both anions and cations to freely penetrate this membrane. This current is called a diffusion current. Depending on the nature of this diffusion current, the AP current can fluctuate in both the plus and minus directions. In contrast to the BP current, the AP is a current flow in the epidermis and has a mutual relationship with the GSR and the sympathetic nerves.

AMI Data Analysis

The Extended AMI data chart is generated by the built-in microcomputer according to the following sequence of calculations : first, the arithmetic averages of BP, AP IQ and TC over the total 28 Sei points of the 14 meridians are calculated; then, the raw values of BP, AP, etc. of each Sei point are divided by their respective averages to produce L% and R% values. D% values are calculated in a similar manner by dividing the left-right difference (| Li-Ri |; i = 1, 2,. . . . 14) of each meridian by the average left-right difference (D = 1/14 Σ | Li-Ri |).

In the left column of the data chart, computations are recorded in the following order : the average values of BP, AP, IQ and TC from the 28 Sei points together with their standard deviations; the ratio of the average values from each of the 14 Sei points of the fingers to those of the 14 Sei points of the toes; and the ratio of the average values from the left Sei points to those of the right 14 Sei points. These values are parameters reflecting the overall condition of the body.

The criteria used to judge whether the values thus derived are within the normal functional range have been established on the basis of a statistical analysis of over 5000 accumulated data. Those falling outside the normal functional range, and thus reflecting situations of either energy excess or energy deficiency, are printed out with an asterisk (*).

(Note : Please refer to the AMI data sheet example on page 10.)

Diagnosis of Meridian Condition : Energy Deficient State or Energy Excessive State

The BP value is the most important parameter for indicating the function and condition of a meridian. From a clinical standpoint, when a meridian is in a state of deficient Ki-energy the BP value tends to be low, and when a meridian is in a state of excessive energy the BP value tends to be high. Therefore with these trends in mind we recently incorporated a program into the AMI computer system which causes the BP value from each meridian to be assigned a number according to its rank (or relative magnitude of BP) which is then displayed in the print-out alongside the actual normalized BP value. According to this scheme small numbers (1-3) indicate that the concerned meridian has a relative surplus of Ki-energy whereas high numbers (12-14) indicate that the meridian has a relative deficiency of Ki-energy.

Guidelines for Diagnosis

1. Overall Body Condition (a) General Average Value of BP, IQ TC and AP

If $\overline{BP} < NS$, (i.e. the average value of BP is lower than the normal standard criteria) then a hypoactive state of meridian and metabolic functioning is indicated. If $\overline{BP} > NS$, then an overactive state is indicated. If $\overline{IQ} > NS$, then the body's homeostatic functions are acting to counteract a probable pathological condition (such as a tumor, inflammation, etc.) somewhere in the body. If $\overline{IQ} < NS$, then a deteriorated homeostatic ability of the body is indicated and therefore there is a propensity for disease. If $\overline{AP} > NS$, then excitement (tension) in the sympathetic nervous system is indicated.

If $\overline{AP} < NS$, then excitement (tension) in the parasympathetic nervous system is indicated.

(b) Standard Deviation

$BP > NS$ $IQ > NS$	indicates that inconsistencies in meridian functioning exist and therefore imbalance may be observed in the body as a whole.
$BP < NS$ $IQ < NS$	indicates that either all meridians are equally overactive (due to the existence of a pathological condition), or all meridians are equally depressed (because of chronic disease).

(c) Fingers/Toes

$BP > 1$:	indicates that Ki-energy has accumulated in the upper half of the body; this condition is frequently accompanied by hot flashes, cold lower extremities (especially the feet) and/or disease in the organ(s) of the lower half of the body.
$BP < 1$:	indicates that Ki-energy has accumulated in the lower half of the body; this condition is

frequently accompanied by dizziness and vertigo and sometimes by mental depression.

(d) Left/Right

BP > 1: indicates that Ki-energy has accumulated in the left side of the body and is deficient in the right side.

BP < 1: indicates the condition opposite to the above is true.

In the early stages after stroke-induced hemiplegia, the side suffering paralysis shows an excess of Ki-energy but in later stages this side shows an energy deficiency.

In many cases, when BP becomes < 1, AP becomes > 1, therefore these parameters show opposite tendencies. This suggests that there is a type of antagonistic relationship between the body system AP is reflecting (i.e. a nervous reaction akin to GSR) and that which BP is reflecting (i.e. the meridian system).

2. Individual Meridians

(a) The energy state of each individual meridian; energy deficient state of energy excessive state.

When the number next to the L% (R%) values is 1-3 then these meridians are in a state of excessive Ki-energy. When the number next to the L% (R%) values is 12-14 then these meridians are in a state of deficient Ki-energy.

(b) The energy state of each individual meridian in light of the "Yin-Yang Relationship" and the "Three Yin-Three Yang Relationship" of traditional acupuncture.

For example, the Lung and Large Intestine meridians have a Yin-Yang relationship. Therefore, in general, when the Lung meridian has an excess of energy, the Large Intestine meridian is likely to be deficient in energy. Since the Lung and Spleen meridians are related by the "Three Yin-Three Yang Relationship," we also need to check the relative energy relationship between these two meridians; namely, which is deficient in Ki-energy and which is excessive in Ki-energy.

(c) Left-right energy balance

If D% > NS (normalized difference between the left and right sides is larger than the normal standard), then that meridian has a left-right imbalance.

(d) "Reversed" condition

In normal meridian functioning,

10

検査月日: 1980年
12月10日 時 分

WM-852 測定条件	

氏名 I.O.S 年 歳

Birthdate: June 17, 1946

既応歴(HISTORY OF DISEASE)

現病歴·主訴(CHIEF COMPLAINTS)

Two weeks after an operation for an ectopic pregnancy

AVE AP	24.2
AVE TC	9.8
AVE BP	1673
AVE IQ	2924

STANDARD DEV

AP	*0.513
TC	*0.171
BP	0.167
IQ	*0.403

FINGERS/TOES

AP	0.864
TC	1.012
BP	1.113
IQ	0.796

LEFT/RIGHT

AP	1.246
TO	0.965
BP	0.982
IQ	1.145

		0%	L%	R%
LUNG	AP	0.109	4 1.282	2 1.323
	TC	1.067	10 0.854	5 1.027
	BP	1.762	3 1.157	1*1.401
	IQ	0.573	8 0.914	5 1.097
LARGE INTEST.	AP	0.283	5 1.141	5 1.034
	TC	0.878	4 1.057	2 1.200
	BP	0.387	4 1.037	5 1.090
	IQ	0.051	5 1.038	6 1.021
STOMACH 中脘	AP	1.090	13 0.465	8 0.878
	TC	*2.825	11 0.844	1 1.301
	BP	1.047	13 0.833	9 0.970
	IQ	1.019	14 0.652	7 0.979
SPLEEN	AP	1.199	10 0.762	14*0.309
	TC	0.251	7 0.915	14 0.874
	BP	1.534	6 1.007	<12 0.795
	IQ	1.329	6 0.996	14 0.570
HEART	AP	0.098	12 0.593	12 0.556
	TC	0.690	11 0.844	9 0.956
	BP	*3.024	7 0.995	<14*0.575
	IQ	0.328	12 0.716	13 0.610
SMALL INTEST.	AP	0.490	9 0.812	6 0.997
	TC	0.502	9 0.864	10 0.945
	BP	0.379	10 0.951	8 1.004
	IQ	0.019	13 0.670	11 0.676
URINARY BLADDER	AP	0.926	8 0.849	13 0.498
	TC	0.188	6 0.945	13 0.915
	BP	0.844	12 0.856	10 0.973
	IQ	0.571	9 0.834	12 0.650
KIDNEY	AP	*3.652	1*2.778	1 1.397
	TD	*4.017	1*1.657	7 1.006
	BP	0.754	1 1.248	3 1.144
	IQ	*6.334	1*3.319	1 1.289
HEART CONSTR.	AP	0.054	11 0.655	10 0.676
	TC	0.188	5 0.976	7 1.006
	BP	0.788	<9 0.955	6 1.065
	IQ	0.229	10 0.750	9 0.823
TRIPLE HEATER	AP	0.338	6 1.092	4 1.220
	TC	0.376	2 1.139	3 1.078
	BP	0.241	5 1.029	7 1.062
	IQ	0.774	7 0.915	4 1.164
GALL BLADDER	AP	2.933	2*2.048	7 0.939
	TC	0.627	11 0.844	10 0.945
	BP	1.176	14 0.764	11 0.927
	IQ	1.008	3 1.090	10 0.767
LIVER	AP	0.850	14 0.449	9 0.770
	TC	1.506	14 0.793	4 1.037
	BP	0.956	8 0.963	4 1.095
	IQ	1.417	11 0.729	3 1.183
DIAPHRAGM	AP	1.123	7 1.010	11 0.585
	TC	0.627	3 1.119	6 1.017
	BP	0.331	2 1.187	2 1.233
	IQ	0.250	4 1.048	8 0.968
STOMACH BRANCH	AP	0.850	3 1.595	3 1.273
	TC	0.251	8 0.895	12 0.935
	BP	0.771	11 0.884	13 0.777
	IQ	0.091	2 1.273	2 1.244

RAW DATA

VOLT 3 V

	AP	TC	BP	IQ
LEFT FINGER 1	31.1	8.4	1937	2673
LEFT FINGER 2	27.7	10.4	1736	3036
LEFT FINGER 3	15.9	9.6	1600	2194
LEFT FINGER 4	24.5	11.0	1986	3067
LEFT FINGER 5	26.5	11.2	1723	2678
LEFT FINGER 6	14.4	8.3	1666	2094
LEFT FINGER 7	19.7	8.5	1593	1960
RIGHT FINGER 1	32.1	10.1	2346	3210
RIGHT FINGER 2	25.1	11.8	1826	2988
RIGHT FINGER 3	16.4	9.9	1783	2489
RIGHT FINGER 4	14.2	10.0	2065	2832
RIGHT FINGER 5	29.6	10.6	1779	3404
RIGHT FINGER 6	13.5	9.4	964	1786
RIGHT FINGER 7	24.2	9.3	1681	1978
LEFT TOE 1	18.5	9.0	1687	2914
LEFT TOE 2	10.9	7.8	1612	2133
LEFT TOE 3	11.3	8.3	1395	1908
LEFT TOE 4	38.7	8.8	1480	3725
LEFT TOE 5	49.7	8.3	1260	3190
LEFT TOE 6	67.4	16.3	2090	9706
LEFT TOE 7	20.6	9.3	1433	2439
RIGHT TOE 1	7.5	8.6	1331	1668
RIGHT TOE 2	18.7	10.2	1834	3461
RIGHT TOE 3	21.3	12.8	1638	2863
RIGHT TOE 4	30.9	9.2	1301	3639
RIGHT TOE 5	22.8	9.3	1553	2245
RIGHT TOE 6	33.9	9.9	1915	3770
RIGHT TOE 7	12.1	9.0	1629	1903

the BP value of a Yin meridian is larger than the BP value of its Yang meridian counterpart (in the "Yin-Yang Relationship"). However, when a disturbance occurs, the BP value of the Yin meridian becomes lower than that of its Yang partner. This situation is termed a "reversed" condition (indicated as < beside the Yin meridian on the data print-out).

Samples of Diagnosis Based on AMI Data

1. Sample (1)

The data used for the sample of AMI data (p. 10) was taken on December 10th, 1980, two weeks after the patient had undergone an operation on her left fallopian tube due to an ectopic pregnancy. The subject was suffering from a bladder problem at that time, fatigued easily and was somewhat mentally unstable because of the operation.

(a) Overall Condition

The average values of AP, BP, TC and IQ shown in the left column indicate that this subject potentially has enough energy to restore her bodily functioning. If abnormally small values in both the average values and the standard deviations of the parameters had been noticed, particular attention to this patient would be paid, since this would indicate that much of the inherent recovery power had already been lost. (In a healthy individual, the meridians display a certain independence while simultaneously maintaining an overall dynamic balance.)

In this patient's case, since she possesses sufficient energy reserves to enable recovery, her situation can be expected to improve even though she will still experience temporary problems. The energy between the upper and lower halves of her body and also between the left and right sides is balanced, as is evident from the finger/toe and left/right ratios displayed in the lower part of the left column.

(b) Individual Meridians

D%, which indicates the state of balance between the left and right sides for each meridian, points to abnormalities in the Heart, Stomach and Kidney meridians. The L% and R% values of each meridian point to abnormalities in the Lung, Heart, Spleen, Gall Bladder and Kidney meridians. The assigned numbers of the Kidney meridians show abnormally high values for the AP, TC, BP, and IQ. The number "1" before each parameter of the left Kidney meridian (L%) shows that each parameter had values higher than any of the other 13 meridians. The ranks, 1, 7, 3, 1 for R% also show energy gathering at this meridian.

Since this subject had an operation on her left fallopian tube, it is not surprising that the energy gathered in the Kidney meridian (which controls the urogenital organs), especially on the left side, which was operated on, to help heal the injured part. The Heart meridian, which comprises the Lesser Yin Relationship pair with the Kidney meridian, shows an energy deficiency as shown by the values 11, 12, 13, etc. on both the right and left sides. The values indicating a deficiency of energy in the Stomach meridian (13, 11, and 14) and Spleen meridian (14 and 12) are consistent with her emotional instability after the operation. (The Stomach and Spleen meridians have a Yin-Yang relationship and both are said to be closely connected with the emotional state.)

On the basis of the AMI data, the Lesser Yin channels (i.e. Kidney and Heart meridians), and Stomach and Spleen meridians were treated to assist the body's homeostatic function restore balance.

Note : When this data was taken, the "Reverse" condition explained in section 2-(d) of Guidelines for Diagnosis, had not yet been programmed and thus is not shown on the data print-out here.

For further details on the AMI and research on the meridians, please refer to the following books and journals by Dr. Hiroshi Motoyama :

- How to Measure and Diagnose the Functions of Meridians and the Corresponding Internal Organs (1975)
- Electrophysiological and Preliminary Biochemical Studies of Skin Properties in Relation to the Acupuncture Meridians (1980)
- A Biophysical Elucidation of the Meridian and Ki-Energy—What is Ki-Energy and How Does it Flow? (1981)
- How to Use Acupuncture Meridian Treatment on the Basis of AMI Diagnosis (to be published)

(US Satsang, Vol. 13, No. 7 Aug 15 1985)

REVELATIONS

"POLUTION, HEALTH, & DISEASES"

Compilations.
from
Vasant's writing in U. S. Satsang
by
Prof. S. G. Mulay
(Homa Therapist)
International Homa Therapy Research Institute
Shivapuri, Akalkot

Present medical techniques

• Anaesthesiollgy. Anaesthesia used in hospitals prove to be extremely harmful to the NADI. Ancient knowledge of Vedas offers a way out. Agnihotra medicines will go in a big way. First plants in America.

- X-Rays are becoming more harmful. Avoid them. We will tell how, later on.
- Chemical and molecular structure of bacteria changing and becoming more immunized to conventional medical methods. ***We offer you Homa on a silver platter of Grace. Take it or perish.***
- Major medical practices will be the objects of numerous law suits.
- Tetracyclene some day will prove deadly.

Pollution and disease

- (a) In New York City, this year, the number of people dead from pollution will increase. However, these deaths will be reported under heart conditions, chronic ailments and various nervous kidney diseases.
- So many diseases, even including the common cold, can be found to have thier base in pollution.
- Gaseous product in air. Pollution found fatal. Cause for many suffering from tuberculosis, bronchial asthama, and other respiratory ailments.
- Soon epidemics of laryngitis, asthama and tuberculosis will break out. Not actually tuburculosis but symptoms of which it is impossible to detect difference. Severe lung and throat problems will arise. Not one of our people can get it. There is a blanket of protection surrounding Fivefold Path family. No one will be harmed.
- Compound disease baffles medicine. New strains of disease compound and people start dropping like flies. ***Turn to Yajnya. It is the cure for all maladies.***
- A new respiratory disease strikes that has all the symptoms of tuberculosis but it is not TB and kills its victims within just a few weeks.
- Amount of lead found in humans has reached the saturation point. Such a deleterious effect this has on the mind. A few years back ***Satsang*** editor mentioned in Germany that the dogs would start running in circles and around the tables. Soon you will find the same things in humans.
- Coast of Spain, disease comes. Epidemics break out and medical professionals do not know what to call it.
- Cities and towns around proving grounds experience a high rate of illness in all age groups and economic situations. Atmosphere in these places has been putrified. Beware. ***Perform Agnihotra and help set right the energy cycle of the planet.***
- ***Deoxyribonucleic Acid-DNA the life stuff changes to tryoxyribonucleic acid and all life starts to disfunction. Only***

way to set things right is by performance of Agnihotra.

- ***Change in cognition of man due to pollution. Man is limited in his ability to discern properly in decision making! Psychiatrists could become millionaires if people don't soon turn to Yajnya. Anyway who will treat the psychiatrists? It will have to be a yogi and yogi will tell them to perform Agnihotra. It is the only way out.***

- New toxic poisons are being discovered beneath the Earth. As these poisons begin to surface new disease will start to spread. The law of Karma is taking effect.
- So many lives can be saved. So much misery and disease now. Widespread epidemics start now. This asbestos poisoning is an example but more natural causes will be shown.
- Terminal illness begins from now. This means that people are told in advance they are going to die. The peculiar thing will be doctors tell them what illnesses or disease they have. This will cause panic. It begins in a big way in New York, Los Angeles, Milwaukee and Detroit.
- Gonorrhea will run rampant through S. E. United States. Drugs won't be able to cure it. It is only through Homa and Agnihotra ash that a cure will come. It is all Shree's Grace.

Pollution and Respiratory Ailments

- Dust particles in atmosphere causing respiratory ailments and skin troubles.
- Agnihotra cures diseases of lungs.
- Chronic bronchitis cured by Agnihotra atmosphere.
- Agnihotra inhalation will be the only cure for common colds with respiratory ailments. It brings instant relief. All other remedies now on the market prove impotent. Agnihotra inhalation, Agnihotra ash and Agnihotra atmosphere cure common cold in a few days. New strains of disease begin. Thousands die. Widespread performance of Yajnya is the only way out.
- Some mist in atmosphere proves harmful to health, causes extreme respiratory ailments.
- We will find more and more deaths related to disease of the lungs.
- Soon people in New York City start gasping for breath on days of still air and high humidity. Chest pains accompany this. The result will be a massive outbreak of heart attacks here.

Pollution and Circulatory System Ailments

- Some influence from distant planets causing disequilibrium and this has a bad effect on blood. Circulatory problems on increase.

- RH factor in blood. Some disturbances recorded through chemical analysis.
- Some problems in blood circulation attributed to lack of oxygen in industrial areas of cities such as Pittsburgh, New York, Chicago, Baltimore. No reports on circulatory disease.
- Now America has to start with Agnihotra ash medicines. When we tell the people about the medicines they must be introduced to Agnihotra also from the more scientific stand point, i.e. Agnihotra in itself, apart from the medicine, a medicinal benefit to mankind as a whole and individually. It has been known to conquer diseases and hasten recovery from minor illnesses. It is a good relaxant to introduce for heart patients.
- Change in plasma in blood in some areas causes disease. Cause is pollution. It may be dangerous to have transfussions in hospitals soon. ***We tell you only way out is Yajnya. It is all love or all perish***
- The quote "Heal the Atmosphere" will have far reaching effects especially now that we present the Fivefold Path in terms of Homa Therapy.

By performance of Agnihotra the blood gets purified. You sit at an Agnihotra Fire and breathe in the smoke which goes quickly into the bloodstream and lungs! This has an excellent effect on the circulatory system. Those with blood disease will be quickly remedied by performance of Agnihotra and even more so if Agnihotra ash is injested daily. All this forms part of Homa Therapy.

Pollution, Health & Diseases

Pollution and Women's Diseases

- We now begin to find occurances of massive hair growth in humans. Especially in women. Their hormones are changing due to a disfunction in the glandular and lymphatic systems of the body. Actually it is this NADI system that is disturbed, but it will appear to medical authorities as glands. Only way to prevent this is to perform Agnihotra regularly.
- Miscarriages become more prevalent now due to pollution. If air stagnates too long in an area adjacent to this turbulence the air movement will become violent and begin wiping out communities completely through natural disasters.
- Barium becomes more profuse in certain reactions with chemicals that reflect some higher viscosity! Actually Barium gas begins to react with some man-made chemical causing some deliterious effect on the enviornment! The

result of these reactions especially affect pregnant women in the area.

- Placenta damaged in birth due to pollution causes higher rate of mental illness and birth defects. Mutations no longer will be rare.
- Elephantiasis becomes common disease found in women in North Africa. Pollution is the cause. Yajnya Therapy is the cure. Disease runs rampant in Europe especially in industrial areas. There is no cure except Homa Therapy.

Pollution and Diseases of Children

- **Exceptional cases of hyperactive children to be reported next six months. Hyperthyroid.**
- **Pollution has direct effect on the Thyroid and Pituaitary glands-particularly children. Agnihotra atmosphere will cure the child of this ailment over a period of three months maximum**
- More children will be born with multiple schlorosis than in the last ten years.
- Collitis on the rise in eastern U.S.A. Many new nervous disorders will be found to have disasterous effect on the nervous and respiratory system. Breathing difficulties rise especially in infants and young children.
- Space shrinkage will be felt now more and more in next six months. Babies dying of suffocation. Not enough oxygen in the lungs.
- Emotional cycles of children are changing. Hyperactivity becomes more prevalent in children now, especially in younger age group, the new generation. Yajnya atmosphere offers way out.
- **Nervous system of children damaged irreparably unless there is proper performance of Yajnya.**
- Some children will be born in the world with new strains of contagious disease.
- **Cadmium and Barium have fused causing extreme pollution in those areas and creating a hazards effect all over the planet. Children in those areas of concentration may go deaf! yajnya is the only way out.**
- **Counteractive elements produced by sulphur-di-oxide in atmosphere create a film through which we must breathe. Now scientists will look for more solutions to massive attacks of bronchial ailments, particularly in children. The air which we breathe daily is filling with poisons from excessive air pollution. The air we breathe daily must be considered precious to us. We disregard it and pollution takes its toll.** In a land where technology has replaced instead of aided man's

natural know-how, we abuse and misuse our natural resources to the extent that they now in turn abuse us. It is only natural law of Karma, "reap as you sow" taking effect. The cycle is very cumbersome, yet nothing is unfair. It is simple law of physics in action on human plane.

- **Heart conditions begin to pop up out of nowhere. Children begin to develop heart conditions because of pollution. Only way out is Yajnya. Perform Agnihotra.**
- **Chromotine changes chemically and structurally. This causes deformities and poor health in new-borns.**
- There is drastic change in climate now. This seriously affects children. Weather somehow plays some role in the geneological structure. When some areas are developing a different climate than what people are used to it causes problems in the function of the brain. This of course is coupled with the deleterious effects of pollution occuring now. For instance the Sun's rays at the hour 1 p.m. with temperature 90° F. when there would normally be 50° -60° F. causes these problems. Science may not believe but actually science knows little about the functioning of the human organs.
- Gestation periods of humans change due to pollution. The newborn is smaller but much more intelligent. The growth size of the humans will stay similar as will the growth and maturity periods.

Babies seem to develop more slowly than in recent years but are actually much more intelligent There will be more of incidents of abnormalities in newborns. Many things like Siamese twins will occur. These new infants, many will be terminated by condition of the world. These Siamese twins in many cases will be male and female.

- Where industrial wastes have been carelessly disposed of Barium and Cadmium become catalysts and cause a change in the geneological structure of man. There will be many new mutations found in newborns.

Pollution and Vision of Man

- Due to high level of pollution and disruption of earth's energy cycle the vision of normal man will be impaired. More disease comes only in six months.
- Children's eyes. Take care. Pollution hazardous. Research in Germany on Agnihotra Ash helps.
- Eyes of children terribly affected by pollution from now. Agnihotra Ash Medicines applied around the eyes and in the eyes bring relief.
- **Synthesis of some chemicals taxing places that puts toxins into the atmosphere that affect sight! Some region in mid West United States and Central Europe.**

- Pollution affects eyes next. Blidness begins to become more commonplace. Apparent cause unknown. Performance of Yajnya is the only way out. Twenty four hour round the clock Yajnyas are performed weekly at Agnihotra Press and several fire temles. Do then if you can and see the good effect.
- **Fissures in the atmosphere cause seepage of radiation. This will affect the eyes of children. There will be lot of blindness.**
- **Children's eyes are now effected in the Soviet Union. Mysterious cases of blindness begin to appear.**
The climate will completely change in the Soviet Union. The government there panics and looks to people who know Vedas for the answers. This will be us through SHIVAPURI.
- Agnihotra itself is a cure for many diseases which are stemming from pollution.
Agnihotra ash medicines will be important particularly now with the eyes.

LIFE

Appa Rao Anakapalli, A.P.

Human life is LIFE
If life is LIGHT
That LIGHT creates GOOD LIFE
GOOD LIFE comes by Agnihotra
practice.

FIRE

No Moon
Full Moon
Comes soon
Round the clock Yajnya Fire
shines
Tryambakam Yajnya is fine
Fire is not vain
Time is not vain
Gives more and more gain.

LIGHT

Sun rays give light
Moon light is white
SHREES 'HANDS' Light is too
bright
Focussed on Agnihotri's Life
Agnihotri's Life is HIS Sight
Survive the site
There is no NIGHT
Life is only Light
Agnihotra gives Might
Day and Night

Nitya Agnihotra

AGNIHOTRA creates Love
Love creates HAPPINESS
HAPPINESS creates PEACE
Peace creates PURIFICATION
Purification means LIGHT
That LIGHT is AVATARA
That AVATARA IS SHREE
SHREE is DHARMA
DHARMA IS NITYA
AGNIHOTRA

Man's Property

Pollution creates Selfishness
Selfishness creates Destruction
Destruction means Adharma
Adharma destroys peace
Awake! Awake! Awake!
Start Start Agnihotra

Agnihotra removes Pollution
Agnihotra removes Selfishness
Agnihotra stops Destruction
Agnihotra is Dharma
Dharma gives Peace
Peace is great Property
That is Man's Property

Agnihotra

Appa Rao Anakapalli,
A.P.

Start start Agnihotra
Take Joy Joy and Enjoy
That Enjoyment is Light
That Light is Shree
Shree is Light
That Light is Agnihotra.

Path of Perfection

by Sattar Khan, Waltair
Andhra Pradesh

Agnihotra causes creation
of everybodys hearty affection
Agnihotra is pivotal pillar
and concrete foundation
to establish Peace, Joy
Happiness and Affection.
Agnihotra lifts man to a higher
plane
and offers perfect purification
Purification makes man
Transparent
Thus the man reaches perfection
Perfection means Dharma, Peace
and Love
These mould him to Perfection
Selfishness causes Pollution
Pollution brings destruction
Adoption of unlawful faith and
Adharma
are Root and main causes of
Destruction
Adharma destroys the peace, gay
and gaiety
and one day will burry all the
Creation
Beware of Beware of, Beware of
Inanticipation is given intimation
To safeguard your peace and
happiness
Follow Agnihotra for Eternal
Perfection

From Vasant's Talks and Correspondence

As the world becomes more difficult and pressures become great due to pollution everyone suffers. Suffering becomes less when one turns the mind in the direction of love. Through *Yajnya (Homa), Agnihotra* (the basic *Homa* tuned to the biorhythm of sunrise sunset) and principles of 'Love thy neighbour' one can overcome and rise above these same pressures. Do all this with utmost sincerity and now is the time you will rise much higher, much quicker than ever before.

Look around you. Crime is increasing and disease is running rampant. Children are becoming more unruly, more hyperactive, more allergic. This is a direct result of the effect of unchecked pollution on the environment. Practice of Agnihotra and *Homa* Therapy reduces all these effects and harmonizes the energy cycle around the planet.

We say do not give up your

liquor, smoking, lust, anger and greed. No. Do not give it up. Only begin practice of Agnihotra and automatically what is having a bad effect on your mind will naturally fall away. People think that because they are impure in diet, liquor and some such things they can not perform Agnihotra. Well if you are going to wait until you have made yourself pure, then you are wasting precious time. Our environment is in a state of dire emergency now. Why wait a single minute?

Read the Vedas or just experience. Try to develop scientific means of experimentation or believe what you experience. Both answers should be the same. Some of you have no need to analyze scientific results, calculated studies or Vedic law. Others of you do. It does not matter. Whatever you feel is correct for yourself you do. Then after all is completed, believe what you yourself have experienced. *Do not believe what we tell you. Try it and be convinced on your own.*

(US Satsang, Vol. 13, No. 7 Aug 15 1985)

BHARATIYA SATSANG CORRESPONDENCE

D. B. Nepale
C/o N. C. Thokal
Om Society, House No. 77
Yavatmal, Maharashtra

Dear Editor,

I serve in the army in the Ambala Cantonment. Once I attended an Agnihotra in the house of an army colonel. At once I experienced peace of mind. The whole performance took five to ten minutes. It made a lasting impression on my mind. I at once decided to take to Agnihotra. I explained to my wife the benefits of Agnihotra. We both learnt the process of Agnihotra from the colonel. I, in my immediate enthusiasm, introduced it to my other two friends. Three of us began to perform Agnihotra regularly and started getting a number of benefits out of it. When I am out of station my wife does Agnihotra quite punctually Agnihotra has become part and parcel of our lives. We enjoy the happy state of mind all the twentyfour hours. I am convinced that I am walking on the right Path. Whosoever I meet I tell him about Agnihotra. For I feel sure that it is the only instrument of serving the humankind. Agnihotra has become my true and the only friend. I feel I am fully protected, Agnihotra has given me an inner strength to face any circumstance in my day today life.

Bharatiya
Satsang

DECEMBER 1985 NEW ERA 42 Vol. VI, No. 7

VASANT'S TALKS IN POLAND SUMMER, 1985

Trees will begin to split down the middle. When the scientists look into this they will find a lot of carbon at the place where the tree splits. In the veins of the tree they will find the same chemical that they find in acid rain-tremendous amounts of sulphur and hydrocarbons. They will determine they entered the tree back through its roots as well as its respiratory system. This spells doom. Only way to stop this is to feed the tree nutrients found in YAJNYA (HOMA) and to place Agnihotra ash around the tree. Mind you, now we are saying each tree as the situation has worsened in the last two years.

Smallpox will break out in Eastern Europe again soon. Only cure is Agnihotra ash on sores.

Earth in Poland is now emitting poisonous fumes.

Some communist countries will begin to panic in the spring because of lack of drinking water.

The people in Europe are desperate due to pollution.

The Russians soon will come and seek us out because of all the scientific knowledge we possess to save the world from effects of pollution. Russia is in the grips of famine. Food production has come down to half. The land refuses to produce. We know the subtle energy science how they can get out of this situation and grow food abundantly. But to get this knowledge one will have to get rid of all superstitions and firmly believe in science. There is nothing so sacred as knowledge and knowledge will make us free.

There is much pressure coming because of Jupiter and Saturn.

The whole world is to be taken care of by us now.

Now the earth begins to move and a new shape takes place. It is all Grace. All the powers

and knowledge are at our disposal to spread LOVE all over the planet.

*

* (US Satsang, Vol. XII, Nos. 10 & 11, October, 1985)

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REPORT ON AGNIHOTRA HEALING IN GDANSK, POLAND

Elsbieta Gerlecka
Poland

The visit of Dr. Ulrich Berk to the Radiesthesia Society of Gdansk, Poland was followed by the creation of the Agnihotra Circle. Beginning in October, 1984, Agnihotra was pracitsed in my flat. We did Agnihotra every day at sunrise and sunset, as far as possible. I have noted observations on the effects of Agnihotra in my flat :

1. Plants began to grow much better. This phenomena was also observed throughout the tenement. Watering flowers with the water to which Agnihotra ash powder has been added accelerates their growth.

2. Flowers in vases survived much longer and all their buds developed. When they came out of bloom they did not wither, but rather maintained their bloom. With the buds developing gradually, the colors changed and became brighter. A bunch of Michmas daisies stayed in the vase for over two months. These flowers which had plenty of buds, changed from red violet to bright pink.

3. A Christmas tree kept in water to which Agnihotra ash powder had been added started to sprout after three weeks. It began to lose its needles at the end of February, although the powder was not added there.

4. Improved health of family members was observed. The five-year-old who every year, both in autumn and winter, suffered very often from sore throat and pneumonia was taken ill only once. He had enlarged tonsils. The Agnihotra ash powder mixed with honey was given and the boy recovered very quickly.

My husband who had been suffering from a chronic liver disease for five years observed great improvement in his health condition by Agnihotra atmosphere. He did not use Agnihotra ash powder. Just by

the performance of Agnihotra positive antigen (HBST) was maintained.

At the general meeting of our Society in April, 1983, the Agnihotra Circle was changed into Agnihotra Section. Since that time, my colleague, Dukasz Rogozinski, has helped me in leading the Section. In September he offered his study as a place for our weekly meetings that were held each Wednesday until the end of June, 1984. Since March, 1984 Agnihotra was practiced during our Saturday meeting as well as in the garden of Mrs. Ewa Kowalocyk.

Agnihotra ash was used by the members of our Section for curing various diseases. Below are some of the observations on the effects of Agnihotra as noted by our members :

1. **Allergic acne**-Applying Agnihotra ash powder twice a week, in the amount of half a teaspoon helped to eliminate antibiotic therapy. It was also observed that pains caused by rheumatism had disappeared.
2. **Conjunctivitis**-In several cases, after repeated application of Agnihotra ash powder onto the eyelids and under eyes the conjunctivitis disappeared.
3. **Eyelids and under eyes swelling**-Compresses plus application of Agnihotra ash eye drops made swelling disappear in several hours.
4. **Asthma**-Daily Agnihotra ash inhalation helped to eliminate the need for antibiotic therapy.
5. **Laryngitis with the loss of voice**-One-half teaspoon of Agnihotra powder taken internally twice daily plus application of Agnihotra compresses resulted in recovery in three days.
6. **Cuts and wounds**-Applying Agnihotra ash powder to wounds stopped the bleeding and made the healing quicker.
7. **A cold with sore throat**-Agnihotra ash powder mixed with water or honey was used twice a week in the amount of half a teaspoon each time, resulted in recovery in one to three days.
8. **Catarrh**-Taking part in Agnihotra healing fire caused healing in one day (though not always). Agnihotra ash applied into the nose like snuff, reduced the healing time to one or two days.
9. **Migraine**-One-half teaspoon of ash powder applied internally twice a week relieved pains which disappeared in two days.
10. **Mycosis (fungal infection) of skin**-Agnihotra cream was applied and mycosis disappeared after three or four days, frequently reappearing, however, in a few week's time.
11. **Head psoriasis**-Agnihotra ash water was applied and improvement was observed.

However, the illness reoccurred in a few weeks time.

12. **Beginning of mumps affecting 10 year old boy**-Compresses to which Agnihotra ash was added were applied for two nights while the boy was asleep. the symptoms disappeared.

13. **Seven year old girl suffering from mumps**-Temperature 38° Centigrade-Compresses with Agnihotra ash were applied for four days, twice a day in the morning and evening. After the fourth day, the child was quite healthy.

14. **Five year old boy suffering from mumps**-Temperature 40° Centigrade-Compresses with Agnihotra ash powder were applied. After two days temperature was reduced to normal and swelling diminished. When compresses were discontinued, the next day high fever returned and the swelling reappeared. Compresses were resumed and after four days, the illness disappeared.

15. **Chronic sore throat**-Agnihotra compresses were applied during the night. In the morning the patient could identify exactly the inflammatory point, sharp pain being felt in this area. Compresses were repeated overnight. In the morning, the patient was feeling quite well.

16. **Seven year old girl suffering from conjunctivitis**-Compresses with Agnihotra ash water were used. Two applications were sufficient to cure the illness.

17. **Inflammed gums associated with enlarged lymph glands**-The 4 year old girl was given Agnihotra ash water as a gargle and compresses. During the week, the girl's condition worsened but after several days the improvement was observed.

18. **Enlarged lymph glands**-Agnihotra compresses were applied to the neck. After twenty-four hours, improvement was observed. Later the condition worsened so compresses were resumed. After two days, the swelling was reduced and the gland returned to its normal size. Unfortunately, during the following few days without compresses, the gland enlarged once more. Following compresses did not change the pathological condition.

19. **Fifty-five year old woman with growing wart on her temple**-Originally the wart was skin color and was about 0.5 cm wide. It grew, turned red and itched all the time. Agnihotra compresses began to be applied when the wart reached the size of 3.5 cm. After the first compress itching disappeared and the wart started to shrink. In two weeks the wart returned to its former shape, size and color.

20. **Hand swollen for three weeks resulting from a dog bite**-Agnihotra ash was applied to

the swollen place. In four day's time, the swelling disappeared and the wound healed.

21. **Ovary inflammation**-After hot bath, the sick person's abdomen was treated with Agnihotra ash powder. In the mornings no pain was felt. Before there was constant pain lasting over a month. It never appeared again since Agnihotra ash treatment began.

22. **Fifty year old woman suffering from pain of lower vertebrae of the spine, a condition lasting for six years**-After taking part in the Agnihotra healing fire, the woman observed increased pains while the fire was lit, then the pains disappeared and the woman felt all right up to now.

23. **Breaking feet wounds**-They were treated with Agnihotra cream. After three days the wounds healed but they reappeared in two week's time. They disappeared for good after having been treated with the cream again. Now there is no trace of wounds.

24. **Woman suffering from flu**-Temperature 33° Centigrade-In one hour after participating in Agnihotra healing fire, temperature was reduced to 36.8° Centigrade. The woman felt very weak that evening. The next day she felt much better. The recovery took only three days and the temperature did not return.

25. **Large, blue Hematoma resulting from a bump**-Compresses of Agnihotra ash water were applied. After two to three hours, the pain stopped. The blister which was left disappeared after repeated application of compresses.

Other kinds of ointments prepared by one of our friends-
Cream number I: Mix the following ingredients in a china pot
Vitamin A-one tube of vitamin ointment
Vitamin E-5-6 vitamin drops or one shot of vitamin E
Vitamin F-½ teaspoon of children's oil plus small amount of Agnihotra ash powder.

The cream was applied in the following cases :

— in curing mycosis of the feet (when mycosis is new)
— in curing chafed toes, healing lasting for several days
— in curing scalds : a 10 year old boy had burned his hand with boiling water. His hand was put into cold water then treated with a thick layer of cream and covered with dressing and left without bandage. In the morning there was no trace of the burn.
— in curing scratches and sores on hands and legs, especially with children. Healing was very quick following application of cream

Cream number II : Mix together

in a china pot
One tube of Thormentiol plus
Small amount of Agnihotra ash powder

This ointment was applied in curing skin mycosis, chafes and sores. It was especially useful for children. Agnihotra ash powder accelerates the healing activity of Thormentiol, the ointment usually used for curing such things. It was also used for curing a strange sty which did not maturate for several months. The sty was large, about 3-4 mm and was blue. It appeared that the help of a surgeon would be needed. After three weeks application of cream during the night and day, the sty got smaller and finally disappeared.

26. **Vein inflamation**—Two cases were noted in which Agnihotra ash cream was applied twice a day. Stiffening disappeared in four days and the pain in six days.

27. **Person surviving two heart attacks and clinic death**—She had been participating regularly in Agnihotra healing fire and also adds Agnihotra ash to the herb tea which she normally takes. After three months great improvement of her physical condition has been noted.

Observations with Water, May 2, 1984

1.One-half litre of water in which flowers had been kept for a long time and, therefore, having an unpleasant smell was poured into two separate bottles. To one of these bottles, Agnihotra ash was added with the following results:

Water Without Agnihotra Ash	**Water With Agnihotra Ash**
After two weeks:	
— process of putrefaction continued	— process of putrefaction stopped
— unpleasant smell became stronger	— water smells of ash and butter —
— water is turbid	— water is clear, although it has a small amount of dark sediment at the bottom
After one month:	
— strong offensive smell	— No change
— turbid suspension reaching up to half the bottle	

After two months:	
— process of putrefaction decreases	— No change
After three months:	
— process of putrefaction disappears as well as the unpleasant smell	— No change
After seven months:	
— water assumes green shadow	— water is quite clear, without any smell
— algae start developing at the bottom and top	— in taste, water doesn't differ from drinking water
— water has smell of unfresh water in the pond	

Radiesthesia experiments also were conducted, with the following outcomes:

1. With the help of universal pendulum, the energetic values of Vyharuti Homa ash and Agnihotra ash were examined. The energetic value of Agnihotra ash was seven to eight times greater.
2. For two months, the radiation of Agnihotra ash was examined with the help of the universal pendulum. At this time, the ash radiated with the whiteness, constantly at the same level.
3. The biopoles of participants, before and after Agnihotra healing fire were examined. According to the results of the experiments, all participants, changed their color before performance of Agnihotra to white (soon after Agnihotra). The vitality of all participants also increased.

(US Satsang, Vol. XII, Nos. 10 & 11, October 1985)

Reflections on Poland

By Jerry Hodges
USA

No matter where this writer travels, no matter what the culture, custom or forms of government, the essence remains the same: LOVE. We are unified in this energy. But there is something unique about Poland. Never before have I seen such openness and hunger for this process called Homa.

Small town or city, the turn out was always significant in number, regardless of the time of day or night. Eyes were always keenly afixed on Dr. Ulrich Berk, the speaker, many had come to know from the past.

These gatherings offered opportunities for new people to ask questions and practioners of Agnihotra to share experiences. There were numerous stories of healings such as the one elderly lady from Warsaw who had cured herself of life long depressions and migraine headaches by regular performance of Agnihotra. Then there was the young lady, who had come for a gathering in Warsaw, who described visions in which she experienced energy field changes from the fire. And from the south, a person that described a vision on how the energies emanated from the pot.

There appeared to be no concentration of any particular age group as I have sometimes witnessed in some countries. In Poland many are also in the 50 to 60 year old age range representing many different professions.

Near Gdansk, a Homa Healing Center has been established by a dentist in the country side. One large building in this beautiful rolling hills area has been constructed containing two floors and plans are to add a third floor in the near future. Inside, one room has been set aside where only Yajnya is performed and silence is always maintained. The facility has a large kitchen and dining room which also serves as a lecture room.

Outside, small huts are being constructed where guests coming for treatment may stay. The frame of a large nursery to be used to provide food year round has been completed with final construction not far off. Behind the main building on a small sloping hill is an orchard containing several varieties of fruit trees.

On the evening of September 12, 1985, there was a gathering of people from around the community at this Homa Center. After presentation of the results of some psychotronic experiments with Agnihotra by this writer, Dr. Berk provided additional guidance for the operation of the Center.

The following day, a visit was made to Bydgoszcz, a city south of Gdansk, approximately 4 hours by train. Here, a Fire Temple is maintained by the Prezyna family. Ryszard Prezyna, the family head, has been a practioner of Agnihotra for some time and has done several Polish translations of books authored by Vasant Paranjpe.

All members of the family participate in Yajnya including the 14 year old daughter. Much peace emanates from this family and many of the community use their love and this Fire Temple as their centering place. On the afternoon of Friday, September 13, a gathering of this community took place and Dr. Berk gave guidance as to the operation of a Homa Center.

On Monday, September 16, a gathering of approximately 30 Agnihotra practioners took place in Warsaw. A Vyahruti Homa was performed and 'Om Tryambakam' mantra chanted for sometime before. Dr. Berk shared information with the group and experiences exchanged.

On Tuesday, September 17, a visit was made to a Zen Buddist Centre near Warsaw. After the Center's Master gave details of the disciplines practiced, Agnihotra as a material aid was presented as an adjunct to the practices of the Center. It was agreed that Homa would be instituted as a part of their program.

The message of Fivefold Path of which Yajnya is the first part continues to spread across the planet; we do not have to change your spiritual practices or belong to anything. Incorporate these pathways and experience a happier, more peaceful existence, whatever your culture or way of life and you will arrive at a deeper understanding of your religion or life. This is for all citizens of the planet. Atheist or agnostic, all can benefit from it.

From Jerry Hodges' Talks In Poland

"As anyone who has ever attempted the practice of meditation knows, the first difficulty is in structuring the time to do it. Although you may have decided to practice twice daily, the mind invariably comes up with an excuse as to why it's not possible today. It becomes a hit and miss proposition with mostly misses. 'I have to watch this TV program' or 'I can't spare the time right now, I'll do it a little later'—and of course, the taking of time for oneself never gets done.

"The beauty of Agnihotra as an aid to meditation is the built in alarm clock that never needs setting and never fails to function. The performance of Agnihotra is done in conjuction with a circadium rythm, the rising and setting of the sun. It serves as a reminder that it is time. When you miss it you know it.

"The fire has a centering quality about it. Most people have experienced the power of fire in front of a fire place or around the camp fire. Of the four elemental forces, it still remains a mystery to the scientific community. We can describe the results of its effects but we still don't know what fire really is. We understand that fire is the elemental force of change; with it we reshape the material world. But what is not quite as obvious, only because we haven't experimented enough, is that it changes the metaphysical levels also, i.e. sitting in front of the campfire or fire place makes you mellow.

"Sitting in front of the Agnihotra fire twice daily has a profound effect upon the mind—the metaphysical level. If performed consistently, the effect—mellowness—pushes the mind's reactions to circumstances of life toward the direction of Love resulting in more harmony in life.

"Based upon the laws of cause and effect, we know that what is experienced in this present moment is as a direct result of previous actions. Hence, our reaction to this circumstance of the moment will determine the future. Respond with anger and experience disharmony in the future. Respond with love and experience harmony, etc.

"One always has the choice of response. For example, let us assume, for whatever the reason, Anna has become very angry at me. We all know the vibration of anger and its forcefulness. The waves of energy that push it can be devastatingly experienced. In essence, there are essentially two ways to react : 1) I let my ego stand in front of this wave and block the energy, i.e., self-defense and rebutt through offense or 2) I 'turn side ways' to allow this force of energy to pass by. The first choice only adds to the energy, many times causing an escalation in the intensity of the anger while the second reaction has a neutralizing effect so that a healing can take place. I can make amends for the hurt that I may have caused Anna by expressing of love, thereby stopping the vibrational pattern of negative thought that she may have carried with her if my choice of action was the first.

"Constistent performance of Agnihotra begins to allow the power of discrimination, the power to choose between right and wrong, to develop. disharmonious karma or accumulated disharmonious actions of the part begin to get cleaned up and the 'condition of being' becomes changed.

"When starting the practice you might describe your 'condition of being' in a percentage relationship, i.e., I am happy or harmonious 5 % of the time and unhappy or disharmonious 95 % of the time. The idea is to change this 'condition of being' to peace and harmony 100 % of the time. This may also be described in scientific terms by using such phrases as frequency of vibration, patterns of energy, etc., because science identifies the universe, of which we are a part, as vibrational energy moving at different speeds.

"As the quality of mind energy or thought gets changed or renewed one finds that they are so centered in harmony that any action taken that disturbs this developed harmonious center is immediately recognized. By this time one has discovered how to use the power of forgiveness to avoid entrapment of repeated thought patterns.

However it is not possible to know the vibration of forgiveness or how to use it until one understands that they are totally responsible for their specific 'condition of being'. Initially, it is relatively easy to forgive another for apparent transgressions, however, it is another matter in forgiving oneself. Many times deep patterns of thought and resulting depression are generated because of the thoughts of 'If I had only...', and other thoughts of feeling sorry for oneself.

"Consistent performance of Agnihotra will aid in bringing about this knowledge through the 'dawning of higher consciousness' resulting in the freedom of living in the eternal present moment."

"Fire is the center of our solar system and universe and the vibration of love holds it all together. I encourage all of you to continue your experimentation. Let us unite in love.

(US Satsang, Vol. XII, Nos. 10 & 11,
October, 1985)

HOMA HEALING FIRES IN WARSAW

Krystyna Ojrowska
Poland

It has been four years now that Agnihotra has been practiced in Poland. It was started in a tiny, underground room at Radomska Street in Warsaw which housed at that time the Radiesthesia Society. In the beginning no more than three or four persons would attend. The first 'Om Tryambakam' Homa Fire which went on four hours caught the fancy of all the twelve participants. This was because when participating in this Homa, the people experienced a state of relaxation, comfort and happiness they had known before.

One of the participants was a sufferer from acute insomnia. She had been incapable of falling asleep without handsome doses of sleeping pills for 15 years. On that particular day-the day of her participation in the Homa-she felt a natural inclination to sleep and did so for 12 hours without having had time to take her sleeping pill. She then became a zealous practioner of Agnihotra and 'Om Tryambakam' Homa.

A few meetings devoted to a kind of presentation of Agnihotra took place at the Radiesthesia Society and all of them were highly successful. Later on a few Agnihotra centres were started in Warsaw which have continued to grow in popularity. Usually a group of regulars would emerge who after sometime would start Agnihotra in their own homes. New people would then join us to learn the procedure or just to sit there together in silence experiencing the warmth and friendliness of the Agnihotra fire.

Many participants claim that under the influence of Homa fire their health improved and to be sure they do appear not only more fit but also more kind-hearted towards others.

There was a TV program on Agnihotra which brought a flood of letters. (Interestingly, TV is government APPROVED in Poland—Editor). A few articles appeared in Newspapers. We were invited to give talks or lectures at a number of local social clubs and community centres. Two symposia devoted to nonconventional methods of healing were organized by the Radiesthesia Society in Warsaw and Agnihotra was among the important topics presented. Dr Ulrich Berk's lecture on Agnihotra was warmly received and his message of Homa healing fires was readily accepted.

At Popowo near Warsaw a seminar on Agnihotra was held in April, 1984. Dr Berk, his wife Susanne together with Mr.

Berthold Jehle, and his wife Monika-a pharmacist from West Germany shared with us their experiences regarding healing abilities of Agnihotra. Their discussions were outlined as follows :

I APPLICATIONS OF AGNIHOTRA

A Psychology

1 Agnihotra as a tool for transforming the quality of thought and action by its effects on atmosphere

2 a—Negative stereotypes give way to a positive approach characterized by love and friendliness towards all people and the whole of nature.

b—Agnihotra as a tool in treatment of drug addiction (and other detrimental habits)

B—1 Pest and disease control
2 Increased harvests of flowers, fruits and vegetables.

C—Environment

1—Agnihotra Fire and ash for water and soil purification.

D—Veterinary Medicine

1—Agnihotra ash internally and/or externally administered for treatment and prevention of disease.

II—Corollary Subjects

1—Diet : Optimal eating habits
a—Advantages of vegetarianism
b—Why a "mostly raw food" diet is preferable.

People in large numbers were anxious to start the practice of Agnihotra in their homes and a telegram was sent to Vasant at Shivapuri, Akkalkot, India that one thousand people were on waiting list for procuring Agnihotra copper pyramids. Finally we managed to produce the pyramids in Warsaw city. A manufacturer was found and a distribution network was established.

Instruction materials about Agnihotra and Homa Therapy Fires have been translated from Vasant's writings in English. This was done on copiers as everything had to be done quickly.

In September 1985, the third Symposium of the *Psychotronic Society of Warsaw* (formerly—Radiesthesia Society) was held and Agnihotra was among the chief topics. Now there are regular centres in 20 larger towns in Poland (Pl. refer to map of Poland on page 21) A great many people also practice it by themselves. Agnihotra copper pyramids continue to be in considerable demand. "Light Towards Divine Path" by Vasant has been translated into Polish and it was sold like hot cakes.

In July 1985, Radiesthesia vacations were organized in Zaborze near Czestochowa and Agnihotra was practiced and eagerly attended at each Sunrise and Sunset. Participation in

Agnihotra made people feel so remarkably well that they hardly wanted to leave the room in which it was performed. The room was generally believed to have a particularly agreeable atmosphere, to be the one to stay in and feel great. Gradually the persons doing Agnihotra at the holiday camp were joined by others including the staff of the Centre—the cooks, scrubwomen, doorkeepers and waitresses. None of them had heard about Agnihotra before. They were impressed by the process and many of them asked me how they could buy the 'Agnihotra copper pyramids and wanted me to teach them how to prepare the fire and recite the Mantras.

There were a few children at the camp who proved to be the most wonderful participants. They would sit motionless and solemnly as near the Homa Fire as possible, closely watching everything that was going on. When the 'Om Tryambakam' Homa fire was going on they kept singing the Mantra with us in a very earnest and competent manner. When leaving, one father wanted to know where he could get an Agnihotra pyramid as the young kids were absolutely fascinated by the whole thing and seemed never to stop singing the Mantra even when climbing the trees or playing. During the long fire we had, on the platform outdoors, a large sheepdog which kept us company and could not be persuaded to leave us. We had often witnessed similar phenomena before. Animals are fond of Homa fires, feeling obviously comfortably safe and happy near it.

The Agnihotra Circle in Warsaw keeps a chronice and a memory album. Its chairman, Mr. Ignacy Leja,, made a piece of sculpture that stands as a symbol of burning the Agnihotra fire. It was exhibited and admired in the Psychotronics Exhibition in 1985 which Vasant, Dr. Ulrich Berk and Aleta Macon visited. Leja presented Vasant a plaque on wich were carved the words—**"WARSAW—SHIVAPURI 1981-85"**—with Agnihotra Fire in the centre. The 1981 is the year in which Vasant and Dr Berk first introduced Agnihotra in Poland.

Here are some of the opinions on Agnihotra chosen at random from among those I have met.

Case Report 1 "Hidden in the shadow of the Pyramid"

A lot has been said about the benefits that Agnihotra confers on the body. I am becoming more and more aware of the miraculous things that have been experienced as if "beyond" i.e. independent of the body. The joy of this realization makes me anxious to communicate through in a few words.

"People have started their quest for the *"Sage hidden in the shadow of the pyramid"*. It was dawning on them slowly, approaching step by step. You are sitting by the Agnihotra Fire and become so permeated by its peace, so soothed that the things of the body can no longer attract attention. What looms large in the mind at that moment is the miracle of our ability to send healing rays to distant hospitals, to the hearts and minds of our dearest ones, to the most remote places. You dwell on the image of the energy reaching animals, plants and the soil all of which also suffer from some ailment due to polluted atmosphere. You ponder on the greatness of the wisdom that gives itself through Agnihotra fire to every living thing irrespective of race or faith. You ponder on the Love and Intelligence that allows us to tap the unbounded source of treasure. You ponder on the nature of the love and understanding that breaks the boundaries dividing nations and makes them ready to be brought together."

"How does it happen? Who stands behind it? With Agnihotra I have seen hearts and minds open up in the embracing silence, even the hearts and minds of those who were barely able to recognize anything beyond hard matter. I have seen their fervent search for access to the source of wisdom in books and eventually in themselves".

Case Report 2

"I heard about Agnihotra a long time ago never dreaming however that it could be of any use to me until I learned it worked like an antidote. I began to take Agnihotra ash for my sickly constitution. For 30 years I have suffered from rheumatism, gastric ulcers and coronary disease. I have polyps that grow malignant anytime as well as skin cancer of the scalp. I fall victim to every sort of flu-virus that crops up and all those unceasing illnesses keep overtaking one another, none of them ever stopping.

Antibiotics prove useless in cases like mind. Indeed they can do harm. As soon as I got the Agnihotra copper pyramid and the materials required (raw rice, ghee i.e. clarified butter and dried cowdung) I started the practice and I took the ashes whenever I happened to be laid down with flu. I noticed both flu symptoms stopped being so bad as before and the illness itself taking generally a milder course.

The discomfort of shivering all the time, chronic head cold and sore throat do not bother me any longer. Then I noticed that my scalp slowly began getting rid of its impurities. So I started applying the ash to my face as I realized that my "peculiar" complexion must have also been due to a form of skin cancer.

One day some red excretions appeared on my eyelids. The doctor did not know what to think of them. I applied some Agnihotra ash ointment and within two weeks they disappeared. I also saw that the ointment was a cure for rheumatism. So I put it on some spots which made them slightly warm. Even my electrocardiograph has improved eventhough I never took more than half a teaspoonful of ash twice a day."

Case Report 3

I took two sick, old, homeless dogs home which in our polluted enviornment had developed a mycosis (fungus) on their backs. There was hardly any fur on them and they were covered with sores. I applied Agnihotra ash and soon fresh skin appeared and then their fur grew back."

One of the dogs was also ill internally having a nasty cough and both its ears and genitals had excretions. I gave it half a teaspoonful of ash once a day and over the period of a couple of months the excretions stopped and it now coughs only a little in the morning. The ailmentary canal of the other dog was in a deplorable state and it could not stand on its hind legs because of acute rheumatism. I had to carry it outdoors. I gave it some St. John's Wart herb to drink with a pinch of Agnihotra ash in it. It can walk by itself now and its digestion has much improved.

The Agnihotra ointment makes the disease come up to the surface to be eradicated in due course. It takes some time, however, to get a chronic ailment cured. One should also learn the art of proper administration of doses which has to be individually considered.

Agnihotra is a great blessing to Poland

(US Satsang, Vol. XII, Nos. 10 & 11
October 1985)

THE PLAN UNFOLDS IN POLAND

Aleta Macan
Austria

In summer 1985 I travelled with Vasant and Dr Ulrich Berk of West Germany to Poland. I was surprised when I saw all the Homa Therapy experiences people had in farming and medicinal areas in only four years. Agnihotra, the basic form of Homa, was first shown in Poland in 1981 and since then people have been seriously working at it. **In 20 towns already you can meet**

Agnihotra teachers and people gather regularly to experience Agnihotra in common.

After each lecture by Vasant and Ulrich people spontaneously came and talked about their experiences with Homa. Their stories were told about harmful insects which left gardens soon after starting Homa and also about their harvests which were much greater than expected based on amount planted.

Vasant talked much about the necessity of setting up Homa Healing Centres and how the ideal centre should look. A separate room or hut for Agnihotra and another for other Homas, about 10/15 acres of land with a well and enough rooms for people to stay in. Best would be small houses or huts distributed all over the farm. He talked also about other alternative healing methods which could be used simultaneously in Homa atmosphere.

After Vasant's lecture in Danzig, one woman said she wanted to make her summer house a Homa Healing Centre. Two years earlier Vasant had said that a Homa Healing Centre would start in Danzig. When we went to visit her house, we saw pipes in the corner of the garden with which a well was to be drilled. The house itself was big and already a few small huts were near the main house. She has more than nine acres of land of which about 1 1/2 acres are forest. Building material for more huts was ready.

When we asked her why she had kept things ready the way she said, she answered, "I just knew that I have to do this. It seems to be my life work. But actually I didn't know why. But now I know it's under His guidance."

Still in my mind is the pure, peaceful radiance in the Agnihotra room of silence in Bydgoszcz which brought me back into harmony after much travelling and other successful situations. I was thankful to the Lord beyond words. It was a sacred atmosphere. Only about one year ago Ulrich had asked the people in Bydgoszcz to keep a separate room for Homa where only Mantras should be uttered, no speaking allowed. It seemed unimaginable because of the already existing room shortage. But where there is a will, there is always a way and they extended their garden hut into a nice room with good windows, doors and even electricity for healing. All this was done very economically. Now one more healing place of Fire exists on this Planet!

At the Polish-East German border one young customs officer checked our baggage but seemed most interested in studying the booklets about Homa Farming and asked if this would work in his garden which, he said, was full of insects.

I recognized everywhere with enthusiasm the hospitality, cheerfulness, brightness and strength of the Polish People.

I recognized everywhere the enthusiasm of the Polish people for incorporating Homa in their lifestyles and also their extreme hospitality and cheerfulness in receiving Vasant, Dr. Berk and myself during our tour of Poland.

(US Satsang, Vol. XII, Nos. 10 & 11, October, 1985)

AGNIHOTRA IN GDANSK, POLAND

Ewa Kowalczyk
Sopot, Poland

Agnihotra was brought to Gdansk by Dr. Ulrich Berk of Radolfzell, West Germany in 1983. His lecture in Gdansk initially evoked a lot of interest in radiesthesia circles and soon spread to many others as well. Many eventually realized that the greatest "miracle" of Agnihotra was the change it induced in ourselves. The feelings of harmony and quiet inside, what people have lost in the tumult of life these days.

In Gdansk a group of about 18 persons have been meeting regularly for Agnihotra for two years. Though these people did not know each other previously and came from different environments and had different points of view and interests, they became as one family, united in the common pursuit of providing some quiet, love and harmony to the suffering world.

In these two years we have noticed plants becoming nearly immune to many illnesses. Fruit trees are giving excellent, healthy fruit without any use of chemicals or sprays.

What about us? What has changed inside us? What are we like now, after two years of Agnihotra? Generally we have more serenity as well as strength to get through so many difficulties of daily life (of which there are many in Poland these days). We take everything easy without undue excitement, enjoy everything we have and if necessary can give up many things which formerly seemed very important to us. We have become more tolerant and we realize that happiness is inside of us even though most people are running to search for it outside of themselves.

In July, 1985 we were visited by Vasant, Dr. Berk and Aleta from Austria. This marked a turning point in our activities as a Homa

Healing Center has now been set up. We are thankful to Irena who has established the Center at her summer house near Gdansk. Her house is located in a beautiful garden and adjoining a wooded area. In the forest we are building a wooden summer cottage where people seeking help in regaining good health as well as restoring internal harmony with HOMA fires can stay.

In spring we are going to start building another wooden hut. We need a shed for storing sawdust to be used as fuel for the special furnace since the house has no other heat source.

Though we face several problems, it is important that a beginning be made. It is not easy to get to the center, especially in winter. Going there by car is impossible because of small quantity of fuel private drivers get monthly in Poland Going by bus involves changing buses. Since most of our people have jobs, those few who could spare the time will have to take most of the duties.

The cottage has a roof already. Soil samples have been examined in a laboratory and the examinations will be repeated in spring and autumn each year In order to check what influence Agnihotra and Agnihotra ash has. We are also going to study the quality of honey collected by bees from the beehives in Irena's garden.

The garden itself requires much work also. We want to test the hypotheses outlined in Homa Therapy Farming Bulletins regarding growing with chemical fertilizers, insecticides, etc. using only Agnihotra and Agnihotra ash to produce healthy and unpolluted food.

Considering our modest resources, our plans are great but the aim we put before us is so beautiful that we decided to do our best to overcome all obstacles lying in the way of harmonious coexistance with nature.

(US Satsang, Vol. XII, Nos. 10 & 11, October, 1985)

"When the scientist will change his ideas of time, space, causation and look at an event as manifestation of the Law of Karma he will be able to unravel the mysteries of the universe. Then he will know the greatest of all sciences is the science of 'Who am I?' This is the fifth aspect of the Fivefold Path of which Agnihotra is the first aspect."

(From Vasant's talks in Poland)

Dr Ulrich Berk of West Germany

Bharatiya
Satsang

JANUARY 1986 NEW ERA 43 Vol. VI, No. 8

PARAMASADGURU
SHREE GAJANAN MAHARAJ
GAVE THE FOLLOWING MESSAGE
ON THE "OCCASION OF X'MAS,
THE 25th DECEMBER, 1985,
AT SHIVAPURI, AKALKOT.

SAY 'REPENT'
THE KINGDOM OF HEAVEN
IS NEAR AT HAND,
NAY,
THE KINGDOM OF HEAVEN
IS RIGHT IN YOUR PALM.

S.O.S. Calling All Humanity

Ernest Collier

I'm a bird. All of you know me. I'm a warm-blooded, egg-laying vertebrate animal of the class Aves, having a body covered with feathers and forelimbs modified into wings. You've seen me flying in skies above your heads all of your lives. Now I'm afraid your sons and daughters, and especially their children, may not get to see that simple, fimiliar sight at all.

Of course, you love me. It is precisely because of this love that I herein make this urgent appeal to you.

I'm in serious trouble, mostly because of your activities and I need your help immediately. A rapidly growing number of you have taken to regularly practicing Agnihotra, the sunrise sunset-pyramid fire while quite frankly, Agnihotra, the basic Homa, is the only recourse I have left. You see, pollution is killing me and while I can't perform Agnihotra myself, you owe it to me at sunrise/sunset to counteract your own man-made pollution.

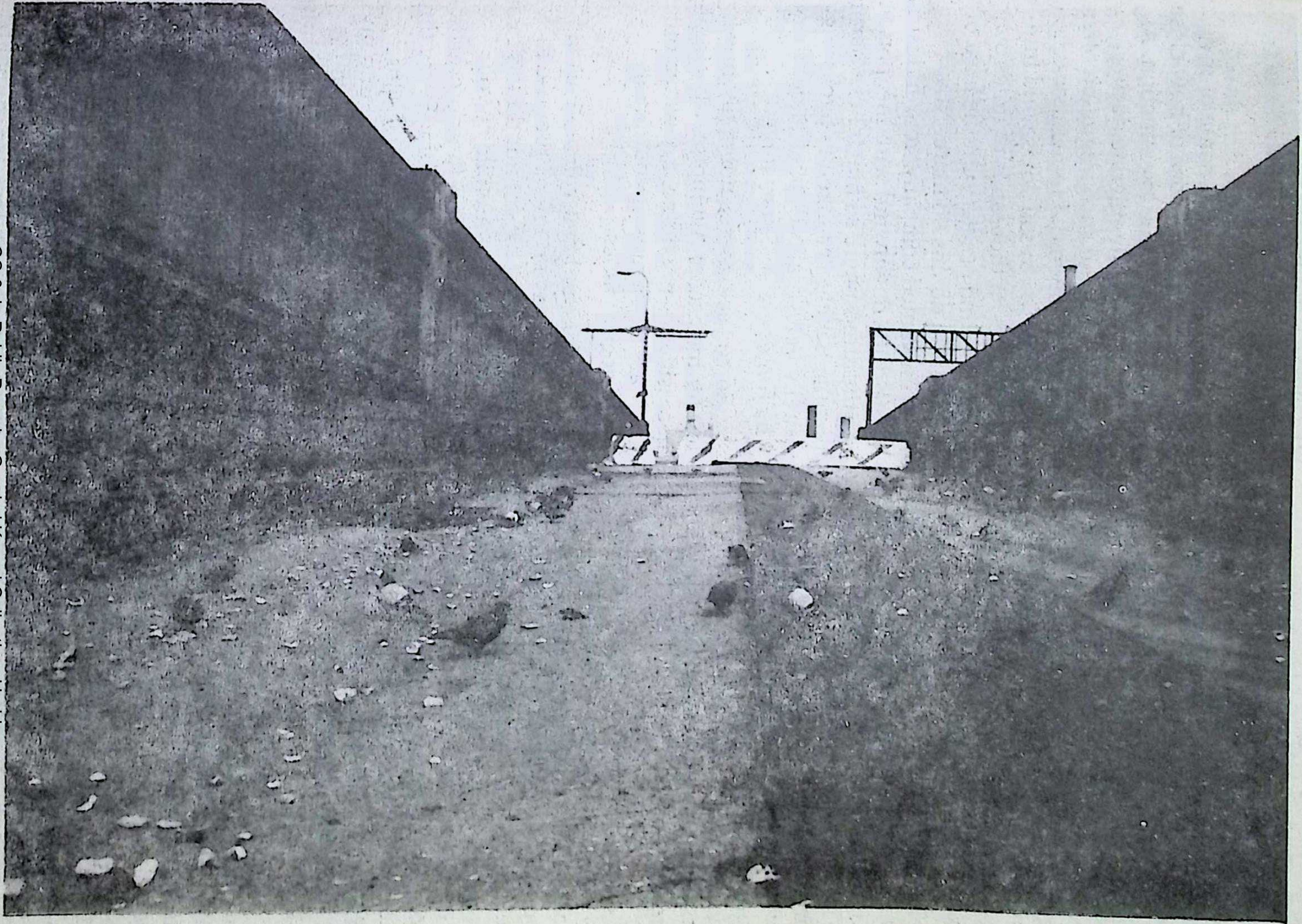
What I'm getting at is that there are an estimated 8,650 living species that have existed in our present form since the Pleistocene epoch. This was long ago, before we shared this atmosphere and planet with you humans. But your behavior, knowingly and unknowing in recent years and your pollution in particular, all forms of it, are making it more and more difficult for me to survive.

I need pretty much the same basic things as you in order to live. Like you, I have a four-chambered heart, and there is complete separation of oxygenated blood. My body temperature is only two to fourteen degrees higher than that of yours. So you see, we have a lot in common. But look at what you've done to my home.

There was a time when I built my nest in which to lay my eggs in the leafy bosom of trees. Now, however, there're so few trees left. Forest death is all over, and you're making timber of what remains. In New York City, for example, I'm forced to build my nest under the outer edges of the West Side Highway. Can you imagine? Underneath the elevated West Side Highway!

When it comes to water, you really have me coming up short. I mean, after all, you don't have to drink from the polluted rivers, ponds, lakes and streams. Your water is chemically treated to offset some of your industrial poisons, but what does that leave me to drink? Methyl isocyanate? Try flying to Florida or California on a warm day without bottled or otherwise processed water and see how thirsty you'll get. You've contaminated the fresh water resources to the extent that they're no longer potable. This leaves me to get by the best way I can, or not get by at all.

A word here about your Agnihotra.



Pigeons eating bread crumbs along the barren highway in New York city

You've introduced Agnihotra on television talk shows and radio in one state, explaining its momentous benefits to organic life while viewers and listeners in another who were ready for this new knowledge started the practice right away. Many of you have "entered the marketplace with helping hands," to borrow a timely phrase from Marilyn Ferguson's "The Aquarian Conspiracy." Such behavior must be encouraged continuously. This knowledge is to be shared with everyone.

Agnihotra helps me and other living organisms in so many ways, from medicine to fertilizer. I wish I could encourage its practice to include at least half your population. My home the trees love it, too. They even dance with joy during its performance. It makes it easier for them to breathe, thereby helping the oxygen carbon recycling system of nature.

Agnihotra process throws nutrients into the atmosphere and the plants reach for them. This makes the plant happy and they give a feedback effect of love into the atmosphere which helps remove tension from the human mind. With reduced tension you're less likely to forget how Agnihotra ash helps make water drinkable again. With mass Agnihotra practice, the ash would help restore our water supply to purity all over the planet.

Now, let's look at the food I eat. This is where I'm of enormous, unparalleled value to all humankind. I eat insects that would pester and otherwise annoy you. Some of us are also scavengers, doing much of the ungrateful task of cleaning the environment for you. We don't ask you for food; we find it ourselves. We eat weed seeds that would sprout to choke your gardens, strangle your lawns, blight your landscapes etc. We fill our stomachs while doing you a great service in the process. Yet, for all this we don't ask for a dime, just a healthier environment.

Take a quick peep at some of my habits and get a better idea of how close you are to sending me to extinction. As you know, I usually migrate during spring and fall and such migration often takes me downwind. I remember when it was a real joy to sail downwind hundreds and even thousands of miles over mountains and oceans with the least of effort. I can do this no more. Now I have unwanted company. Your industrial waste drifts downwind with me, poisoning the atmosphere so much I can hardly breathe. Lately, I've taken to bypassing heavily industrialized states altoghther. The fumes are so devastating.

So you see, there's not really much left for me except Agnihotra. My simple necessities – my home, my water, our air – are all victims of your highly technological times.

I understand that you are locked into a lifestyle and I don't propose to change it. I don't expect nor do I ask you to give up your automobile or your electricity, although it is their production and use that create acid rain. Every time you start your car or flip on a light switch, you drive another nail into my coffin. I do ask, therefore, that you follow my lead and rise early for sunrise Agnihotra. All of you know by now what the early bird gets.

Speaking of early, you believe that I'm very old, that I evolved from reptiles millions of years ago. Your origins aren't exactly that clear to you but the same can't be said about your and our future. We're heading the way of dinosaurs, all of us, unless Agnihotra is practiced on a mass scale. This knowledge cannot be overemphasized. Pollution is rapidly destroying plant and other smaller forms of life upon which the rest of the food chain depends.

From this moment on, you cannot continue with business as usual. Regarding the air we breathe, everything you may have once thought was for the birds is now for your own survival as well. Higher knowledge alone can save us. Things are so bad.

Overwhelming scientific evidence also linking pollution to vast climate changes detrimental to planetary survival, as it is now called, has not taken you en masse to Agnihotra. I therefore appeal to your similarly structured heart, a more subtle part, rather than your intellect. Your higher and most delicate sensibilities will lead you to Agnihotra where you may joyfully create a healthy world we can all share in peace.

Thus you humans, having placed yourselves in charge of our planet, now, together and individually, face the greatest challenge of your existence. Can you rise above the clear danger of pollution?

Like brushing your teeth, will you see the great scientific and medical benefits of Agnihotra and encourage its remarkably similar practice? Science and education have almost all of you brushing daily with the result being healthier teeth as well as a less offensive breath. With an equal number regularly practicing Agnihotra daily simply heals the atmosphere. Perform Agnihotra for the birds and yourself and all creation. You've nothing to lose except your ignorance, misery, sickness, low crop yield, parochialism, superstition and pollution.

Ernest Collier
Yajnya Inc.
P.O.B. 573
New York, NY 10025

Love Is The Answer, Love Is The Key

Barry Rathner

As this is written, the TWA hijack drama enters its second week, the pieces of glass and people are being cleaned up at Frankfurt Airport and at a San Salvador restaurant. There is barely enough room in daily newspapers to continue the Iraq-Iran war chronicle. Bombs are going off in Nepal (a country whose name has up to now provided visions of mountainous peace). That a ceasefire in Sri Lanka has held for two days nearly makes banner headlines. Has it been less than eight months since Indira Gandhi was gunned down . . . less than eight hours since Air India's 329 passengers and crew . . . .

As *Satsang* is not interested in politics, we do not wish to expound on the above. It is presented only as evidence of the symptomatic deterioration of the planet – a phenomenon many think is related to the sad state of atmospheric and other forms of pollution everywhere. In a nutshell, pollution disturbs minds and disturbed minds lead to violence.[1]

Another topic not of interest to *Satsang* is religion, at least in the sense that word is normally used. Over the years there has been enough killing, e.g., in the name of "religion" to make one skeptical of the whole subject. What

Satsang is interested in is an antidote to killing and violence.

What is this magical antidote which seems to escape us? The solution may be so simple as to be overlooked. The means towards reaching the solutions, furthermore, may be just as simple. The solution, i.e., the goal, is *"Let us learn to fill this moment with love and nothing else is required. Let us fill all the spheres with love."*[2]

The means for reaching the solution is Agnihotra, i.e., the copper pyramid healing fire which from Baltimore, Maryland in 1972 has spread to every continent and to persons speaking every known language. "Agnihotra is a great material aid to unburden the mind and you begin to feel free. *This leads to contentment in life since a push is given to the mind to react with love.*"[3]

Could it be that love and forgiveness might do what so many other things have failed to accomplish? Could a commitment to nonviolence in thought and action help defuse matters? "A reprisal to the reprisal would only result in even more reprisals . . . ," writes one reporter in the Washington Post. "What is hard to understand is why both nations persist in thinking violence is an antidote to passion," he writes further. "It's not. It's only a justification for it and a precursor to chaos."[4]

A psychologist expressed surprise to me just last week when I mentioned the elimination of anger as a personal goal. Unfortunately there seems to be quite a few persons around, including many professionals who stick to the outmoded idea that anger is required as some sort of outlet for this or that. There really seems to be no need to go this way. To head straight for the goal – seems to be a much more efficient way of conducting our lives. The goal is *Love, Peace, Happiness.*

We can begin by forgiving ourselves for past mistakes and accept, be comfortable and love ourselves. Then ultimately we may come closer to the injunction "Love thy neighbor as thyself."

It comes to mind that perhaps the "Let it all out" advocates who espouse healthy aspects to expression of anger may have come to this theory out of two explanations. First, it may be true that after expressing anger one feels better. No doubt however this stems from the removal of the anger process rather than anything else. In other words like banging your head against the wall, when you *stop,* it feels better.

Second, since even those persons who are conscious of feeling and giving love as a worthy goal without resorting to anger may experience difficulties reaching the goal. Frustration may set in. It may not be an easy task to go against the tide of anger, jealousy, greed, attachment etc., that seems to predominate societies today. Acting full of love certainly makes one the exception and for that and other reasons not something accomplished overnight.

That is precisely where Agnihotra comes into the picture. A push in the direction of love is given to the mind. The experience of thousands is that what formerly might have taken months to accomplish, in terms of psychological growth, can be taken care of in weeks or even days through regular practice of Agnihotra fire. Needless to say these are not isolated incidents of which we are speaking. This is a statement based on 12 years of controlled and semi-controlled psychological studies in several countries. Cross-cultural trials, furthermore, seem to indicate from preliminary data that Agnihotra has the same effect on whoever does it regardless of what country, culture, economic sphere he/she belongs to.

Feeling love as a psychological remedy may perhaps be thought of as analogous to fasting for cures of physical problems. Just as a growing body of physicians and laypersons have come to recognize that fasting gives the body a rest and allows itself to heal itself, so have more and more people experienced that feeling love gives the mind a rest and induces psychological healing. Feeling love becomes a *constant* that can carry us through the hundreds/thousands of *variables* that confront us moment to moment. Feeling this way, we become somewhat immune to the ups and downs and can remain steady, calm and peaceful. Others in our presence will be more likely to act similarly under our influence.

Something must be done and that quickly to stem the tide of hate and anger engulfing planet Earth. What can little old me do in the face of the current madness? I can simply try to be as positive and loving and forgiving as I can. I can also help influence others in the same direction. So you see unlike meditation where the primary beneficiary is merely the person who meditates, Agnihotra affects many people simultaneously. Pilot studies have shown that persons exposed even *unknowingly* to Agnihotra (being in an adjacent room, e.g.) have reacted the same as those doing it knowingly and purposefully. Video tape psychological studies have recorded how families relax and express love with less therapist intervention when exposed even unknowingly to Agnihotra.

Love is the answer. Love is the key. It is full of Love we all must be.

Menstruation : Some Thoughts on a Special Tapa (Self-Discipline)

Sandi Sachs

Since performance of Homa copper pyramid healing fire involves subtle energies, it is advisable that menstruating women not perform Homas themeselves until the fifth day after their period has begun. Many people also have chosen to observe further disciplines connected with this practice as not coming into physical contact with the woman and if accidentally doing so, taking a complete shower before performing Homa. Water, it is siad, has special powers to neutralize the effects of these subtle energies.

Ancient wisdom provides insight into how some religious and cultural groups have treated the subject of a woman in period.

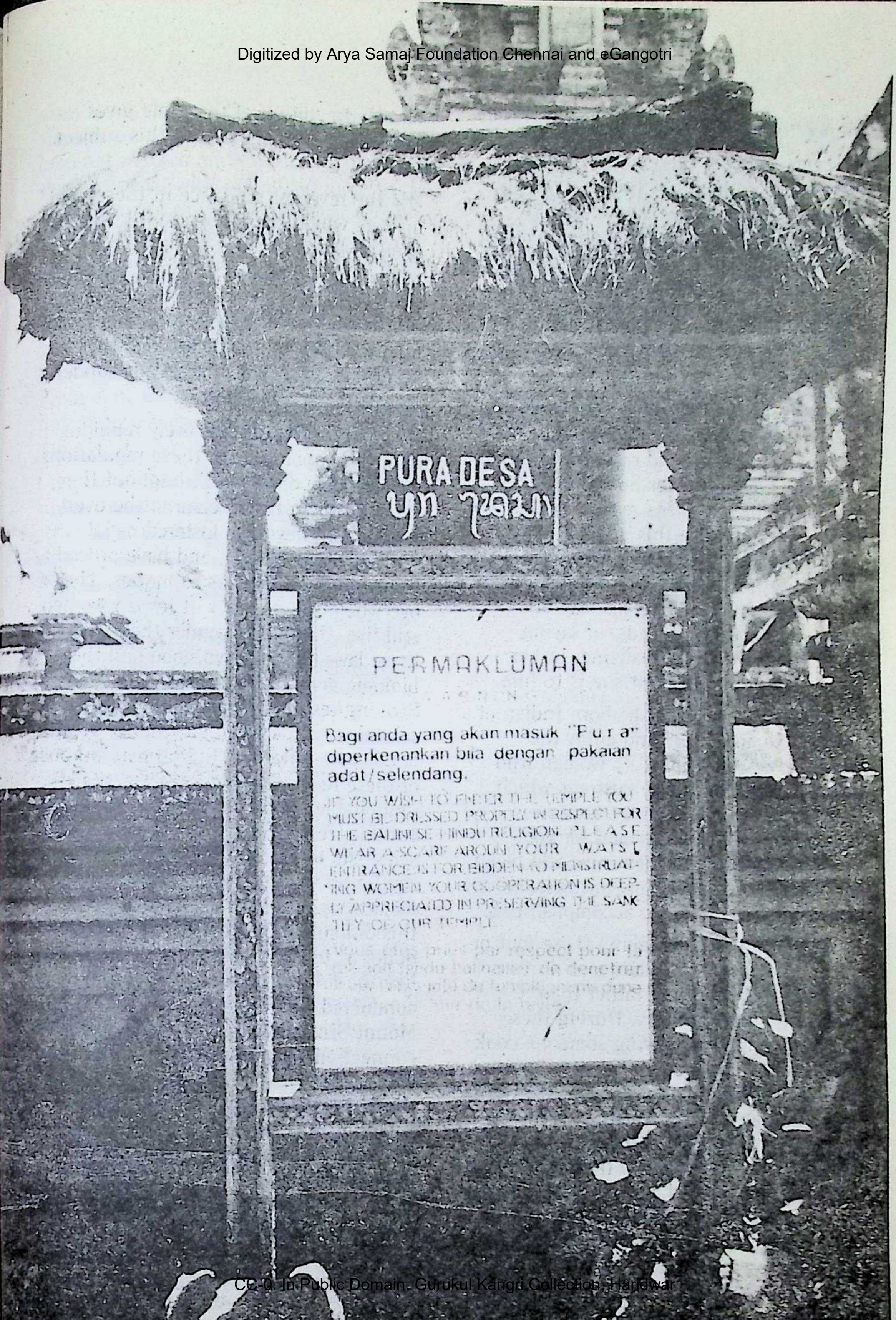
I have often thought that one of the most fascinating, and perhaps least known, practices in Orthodox Judaism was the practice called Taharas Hamishpocha (Family Purity). As newly engaged and soon to be married couples become familiar with its laws and customs, they express a whole range of feelings from surprise or dismay to pleasure or amazement, for in these are contained the formula for what our teachers proclaim as a perpetuation of the honeymoon, of the courtship and early joy of marriage and family life.

Briefly stated, these laws prescribe behavior for the newlyweds that encourage loving contacts at certain times and which forbid any physical contact at all at certain other times. The days when no contact is permitted are related to the menstrual cycle (See Leviticus 15:19-23). That is, from the time that she perceives even a tiny spot of blood, a woman is instructed to count a minimum of five days. Then she will wait another seven spotless days before going to the ritual pool, where she will immerse herself *completely*. After performing the ritual correctly, she goes home to her husband who welcomes her as he did when she first came to him as his bride.

One may ask what is prescribed for them during the days when they may have no contact? The answer is not a simple one, for time has eroded both our understanding and practice of these important laws. As they are observed today, a woman may not touch or even hand anything directly to her husband at this time. She ordinarily will put it down first and he then will pick it up. (These behaviours may sometimes be seen in the store. When a woman purchases something, she will not hand money directly to a man, nor will he to her. The money is placed on the counter and change retrieved therefrom.) Her husband may not eat from her plate nor may she from his. There is at present no regulation about what work she may or may not do. However, it is evident from the Bible itself that there were such laws originally. In Genesis 18 :4-9 dealing with Abraham as he greeted three strangers approaching across the desert, we note that Abraham ran to instruct his wife Sarah to take bread for the guests while he looked after the rest of the meal. However, when the food was served, bread was *not* one of the things that Abraham set before the guests. Why? The great sage Rashi (commentary on verse 8) tells us that it happened that, while preparing the dough, Sarah became menstruous and therefore the dough was forbidden to them. This would mean that in its original form, the laws of Taharas Hamishpocha restricted the action of women during this important time such that the preparation of bread (or any food for that matter) was not permitted.

How ironic it is, how strange and beautiful it is to find such customs not only in the Jewish tradition, but in the Indian traditions as well. Indians both of East and West have such similar practices that one cannot help but wonder at the importance of this commanality.

In the American Indian community, for example, women were required to take this special time to rest. For minimum of four days she actually left her home and went to live in a special place called the "moon camp." Here she did no cooking and food was brought to her by other women of her community. Of course, it goes without saying that there was no physical contact with her husband, children, or any implements that belongs to him. To this day, menstruating women are not allowed to touch the tools, pipe or other sacred objects at this time, nor is she permitted into any ritual ceremony until she is no


PURA DESA
PERMAKLUMAN
Bagi anda yang akan masuk "P u r a" diperkenankan bila dengan pakaian adat / selendang.
IF YOU WISH TO ENTER THE TEMPLE YOU MUST BE DRESSED PROPERLY IN RESPECT FOR THE BALINESE HINDU RELIGION. PLEASE WEAR A SCARF AROUND YOUR WAIST. ENTRANCE IS FORBIDDEN TO MENSTRUATING WOMEN. YOUR COOPERATION IS DEEPLY APPRECIATED IN PRESERVING THE SANKTITY OF OUR TEMPLE

longer "on her moon."

It seems sad that there are so many "liberated" women out there screaming that they want to be "equal" to men. How foolish we are sometimes! In this frenzy for equality, some women have thrown away a gift that was given to women only! That gift is a time of rest, relaxation, re-creation and nurturance of her innermost self. It is a time when the demands of husband, home and the world in general are silenced. Her family grants her the *special privilege* of a complete vacation and rest at least one time each month. Her husband grants her this gift out of his respect for her. He acknowledges with this gift that she is *not* a slave to the household, but a pillar of strength and beauty that renews itself on a regualr basis. It is his way of acknowledging her needs, of saying "thank you", and of realizing, in her absence, how important she is to him.

Actually one need not be born Indian or Jewish to appreciate and enjoy the benefits of this Tapa. Any woman who has realized that these customs which are found worldwide must have been given to mankind early and for good reason can practice them now and begin to feel the benefits. How fortunate we are to know what to do to accomplish this!

One might begin by taking these four or five days to rest, meditate and nurture ourselves, celebrating rather than denying our femininity. During these days we might try having someone cook for us-for a change-or if there is no one to do so, cooking ahead of time so that we can take a break. Then after these days a special shower, fresh linens and clothing are all a special treat that leaves us feeling refreshed and happy. These are all ways of treating ourselves beetter and of helping ourselves feel better in the meantime.

The Hertz edition of the Bible gives an interesting commentary on this subject (p. 492):

"By the reverent guidance in these vital matters which these laws afford, Jewish men have been taught respect for womanhood, moral discipline, and ethical culture. As for Jewish women, they were, on the one hand, given protection from uncurbed passion; and, on the other hand, taught to view marital life under the aspect of holiness.

"Even apart from their purely religious side, the importance of these regulations, scrupulously observed throughout the generations in Israel, cnannot be over-estimated. They have fostered racial sanity and well-being, and have proced as favorable to hygiene as to morals. The overwhelming majority of Jewish women still live, thank God, under the 'yoke' of these laws-to their own good and the biologic good of the Jewish people. Striking testimony has been given by scientists to the fact that, though health is not put forward as the primary purpose of these regulations, yet such is their indubitable result. These laws of marital continence are now held by some scientists to accord with the fundamental rhythm in woman's nature. While medical opinion is not unanimous on this difficult subject, there can be no doubt as to the significance of statistics like the following: an investigation, conducted over a number of years at Mount Sinai Hospital, New York, in connection with 80,000 Jewish women who observe *niddah* and *taharah* laws, showed that the proportion of those suffering from uterine cancer was one to fifteen of non-Jewish women of corresponding social and economic status. Even more noteworthy is the difference in the proportion of a certain form of cancer among Jewish and non-Jewish men respectively (Sorsby, *Cancer* *and Race,* 1931).'The Mosaic Code again stands out as an astonishing example of inspired wisdom and foresight which should appeal with redoubled force to the enlightened minds of today. Discipline and self-restraint are perhaps the lessons most needed for the present times.' (Lieut. Col. F. E. Freemantle, Chairman, International Cancer Conference, London, July, 1928)."

Interestingly, there is mention in the Old Testament of restrictions for men also regarding issues from the body as after copulation.

I am told that even today in villages in India women observe a four day period of strict non-touching during menstruation time.

Tullia from Holland mentioned to SATSANG editor Vasant, while he was in Indonesia, that in Dutch factories which package food, women are not allowed to work during their period as they have noticed effects on the food.

Vasant replied to Tullia as follows, "If a woman in menstruation goes near healing fires there is an effect on the process of healing the atmosphere and this should be avoided. This is the science of subtle energies. A former head of the Department of Physics of a University in Eastern Europe informed me that it is better to use 100% cotton or 100% wool garments while doing Agnihotra fire. If manmade fibers are used, that reduces the special effect of the healing energies of Agnihotra to some extent. Science has started probing the functioning and manipulation of these subtle energies only recently. They have just made a beginning and they have a long way to go. When they probe deeper they will have to come to a better understanding of the functioning of mind energy which is immediately affected by changes in the functioning of Prana (vital energy) which pulsates through us and connects us with the cosmos. The functioning of Prana is directly connected with the purity of the atmosphere. Homa fires bring purity and healing to the atmosphere. This is the reason probably why in all religious traditions in the world women in menstruation are asked to observe a separation until at least four days preferably five. Agnihotra is a science. Science is governed by laws and not by anyone's changing opinions."

US SATSANG Volume XIII No.13 November 21, 1985

Revelations

"Pollution, Health & Diseases"

(Compilations
from
U.S. SATSANG
By
Prof S. G. Mulay
Homa Therapist
International Homa Therapy Research Institute
Shivapuri, Akalkot)

Pollution and Cancer

* Cancer producing plants found to be plenty in areas of Southwest U.S.
* Cancer producing elements found in soil, in water, in air. Agnihotra can reduce effect on atmosphere of these elements.
* What doctors say about skin cancer now is exactly parallel to what we are teaching in form of cure and prevention.
* Now blood cancer will increase.
* Chemical fertilizers come into news. Cause cancer. Chemical oxidants start new strains of disease baffling science, defying cure. Agnihotra atmosphere and ash medicine will be the only things that will help. Terrible, the herbs losing the potency.
* Scientific proof that certain diseases are caused by lack of pure air to breathe will be significant. Direct link will be found between air pollution and the

growth in cancer. Findings show greater percentage of children affected now, more than ever before.
FORTUNATELY THERE IS A METHOD TO HELP TO COPE AND TO PURIFY THIS DECAYING ATMOSPHERE. THAT IS AGNIHOTRA. If you do nothing else, no other spiritual practice this will help you It is scientific. It can be experienced.
* Amounts of lead in humans reaches critical point. All of metabolism changes. Cancer runs rampant. We need to get into hospitals somehow to perform Yajnya. All Grace comes. It is time. It is time.
* All forms of red blood animals used for food are causing cancer in humans on a large scale.
* Geese carry some cancer causing agents in their coats that strike rapidly and become deadly.

* (a) Two new strains of cancer are discovered.
* Japan now goes through intense Karma. Cancer runs rampant through the country due to high rate of industrialization.
* Many women begin to have problems with their ovaries and uterus. There is more of a tendency now to cancer of the uterus.

Pollution and its effect on Mind

* Planet Mars veers towards earth. Great downward pressure on the atmosphere caused by this. Affects mind. Results will be devastating.
* SO MUCH DISTURBANCE TO PEOPLE'S MINDS. SUCH TENSION. IT IS INCREDIBLE. THEY WILL FEEL SQUIEEZED FROM ALL SIDES. MENTAL BREAKDOWNS AND SUICIDE BECOME AS COMMONPLACE AS COLD. ONLY TOTAL LOVE PROTECTS US.
* Practice of Yajnya and the Fivefold Path is a great aid to keep the nervous system in proper order. You can experience this in one week if you like.

Prof S. G. Mulay

* SURFACE OF EARTH'S MOON IS CHANGING HAVING A DELETERIOUS EFFECT ON PEOPLE OF OUR PLANET! ACTUALLY IT IS NOT ONLY MIND THAT IT AFFECTS IN MAN BUT ALSO BIOLOGICAL FUNCTIONING OF ALL LIFE ON THE PLANET.
* ANOTHER INTERESTING THING WHICH IS PART OF HOMA THERAPY. IF THERE IS SOME KIND OF BRAIN DISORDER, IF THE AFFECTED ONE WILL SIT FOR AGNIHOTRA TWICE DAILY, THE SMOKE HAS A GOOD EFFECT ON THE BRAIN, ON THE NERVOUS SYSTEM.
* IF ONE WHO HAS A CERTAIN PURITY CHANTS CERTAIN MANTRAS WITH INTENSITY, WITH DEVOTION IN DIRECTION OF AGNIHOTRA POT THE BRAIN CELLS BEGIN TO RENEW THEMSELVES THEREBY OVERCOMING THE DISORDERS. AMAZING BUT TRUE. SO MUCH CAN BE DONE WITH HOMA.
* When we do the mantra "Satyam Sharanam Gacchaami" properly it has a good purifying effect on the front portion of the brain tissue.
* Shock treatment therapy has diverse

effect on metabolic system, has deleterious and lasting effect on nervous system of man.
* Agnihotra must be introduced into hospitals and psychiatry clinics.

Agnihotra and Drug Addicts

* Agnihotra has effect when used as a tool in curing drug addicts of their addiction to such drugs as heroine. Experiments can be made.
* Drug addiction and alcoholism can easily be cured by Agnihotra.

Cure by Agnihotra

* In future the scientist will note changes in PRANA due to atmospheric pollution. This is basic to the science of bioenergy on which the process of Agnihotra is based.
* Doctors will try shock therapy on cancer patients. No amount of radiation treatment will succeed in coming years. However, Agnihotra will be found to cure all forms of diseases ranging from nervous malfunctions to cancer in beginning stages. Cures for leukemia have all failed. Cures for other diseases will now begin to be non-functional .
* Agnihotra is the panacea for all life. All of nature sings out, rings out with joy when Agnihotra is performed. Birds sing, plants dance, man's frollicking mind becomes calm. Such a special gift in the form of Agnihotra given to all of ceration by the Son of Man.
* There are new strains of pathogenic bacteria that are neutralized immediately when Agnihotra is performed near the patient.
* New strains of disease now occur in the hospitals from pathogenic bacteria breeding one with another. This is because of the density of accumulation of such bacteria. So people that enter the hospital become more ill than when they entered. For this Agnihotra is the cure.

* Easily it can be shown how universal Homa Therapy is. HOMA THERAPY WAS PRACTICED BY THE ANCIENTS ALL OVER THE PLANET. IN COURSE OF TIME IT CAME TO BE LOST AND NOW THIS KNOWLEDGE IS BEING REVIVED.

* Purification through fire has a deeper effect on the human body than can be researched on machines. The effect of purification goes deep. It is so subtle, it is hard to measure the exact proportion of diseased cells which can be cured, brought back to a healthy stage in a short time. Considerable bodily changes naturally take time but practice of AGNIHOTRA speeds up the process.

Studies will show in next year alone debilitating effect of atmospheric pollution on children. More and more so called mystery deaths, unknown diseases will be recorded. It is terrifying. People do not realize. All too late they come to their senses. It is nearing that time now. It is time that scientists investigate the efficacy of Homa Therapy techniques and co-ordinate their efforts to benefit all mankind.
Flora and fauna changing. Agnihotra ashes which have great therapeutic value have to be introduced into the water resources of this planet quickly if they are to be spread irrevocable pollution. It must be done on a large scale.
Insects are now becoming man's deadly enemy. This was told a long time back. It was predicted for this time. New insects rodents will take over in some places. All this is tied with law of Karma that is 'reap as you sow'. Homa Therapy farming techniques will help us get out of this rut. Homa Therapy helps re-harmonize the energy cycle of the planet.

* New strains of disease appear without cure. It is only Agnihotra and Homa that will help.

* The scientist has now landed himself

into our arms. He has now to go into VEDIC wisdom if the planet is to survive. The energy cycle of the planet is terribly disturbed and now the planet speaks back in terms of disaster, disease and destruction. SCIENCE MUST NOW TURN TO YAJNYA AND FIVEFOLD PATH. IT IS THE ONLY WAY OUT!

* WHY DO WE TELL YOU THESE THINGS? TO SCARE YOU? NO. WE HOPE SOON THESE WARNINGS ARE HEEDED AND YOU TAKE TO YAJNYA. THE FIVEFOLD PATH OFFERS THE ONLY WAY OUT.

HOMA THERAPY, A SCIENTIFIC TOOL.

Barry Rathner

Now ladies and gentlemen, straight from the pages of *The Washington Post* (August 5, 1985) comes our next chapter of "What's Going On Around Here?", alternatively entitled "Catch 22 Again: Caught Between a Rock and a Hard Place."

It seems a U.S. District Court judge has refused permission to the U.S. Forest Service to cut down pine trees in four wilderness areas of the South in which the Forest Service wanted to stop the spread of the southern pine beetle. "This case poses an environmental Catch 22," the judge wrote. "Concern for preservation of pristine wilderness conflicts with concern for the red-cockaded woodpecker whose habitat may be threatened unless the government cuts down infested wilderness trees." He said this while saying some trees should be cut in line with a government action now several years old in which infested trees are cut to create "buffer zones." Though a similar tactic seemingly helps firefighters while battling large forest fires-purposely burning some areas to create a fire line buffer zone-we would like to offer another solution which has no undesirable side effects. Our offer is called *farming and insect control* and is literally fighting fire with fire.

By preparing a small fire known as Agnihotra Homa in a copper pyramid of prescribed size at precisely sunrise and sunset daily in which three specific organic substances are burnt, and whose effect on atmosphere has been noted massive doses of nutrients are given to plants and simultaneously unwanted pest are eliminated. Derived from the Vedic sciences of biogenetics, weather engineering and agriculture, *farming* methods portend the most advanced step in organic farming/gardening yet revealed and may be the saving grace for a planet of areas, Ethiopia being perhaps only the beginning!

Some may call Homa Therapy "unscientific"; others may label it "superscience". What you call it is less important than what it does. Besides when the the judge says "The pine beetle is voracious and will not obey a court injunction he might as well have been speaking of "modern science". For how can we expect the pine beetle to behave according to "modern science" as well when the judge is left to ponder that even though it has not been "scientifically" shown that this theory of sacrificing trees works, he said "common sense would seem to suggest" that it "must have some effect" on the beetles that attack the birds' home?

The Sierra Club as well maintained that "no scientific proof" exists showing the effectiveness of the downing of the trees. This was stated after a government assessment (required under the National Environmental Policy Act) concluded that the cutting of the trees would have "no significant impact on the environment". The judge could'nt buy that argument however stating "One could not rationally conclude that cutting thousands of acres of pine trees in a wilderness forest will not have any effects that may be major."

If all of this sounds a bit confusing, so be it, for it demonstrates the sad state our society is in-not to mention the forests in question, two in the DeSoto National Forest in Mississippi and one each in Oushita National Forest Arkansas and the Kisatchie Hills National Forest, Lousiana.

In light of all this it is really too much to ask that serious investigators devote a little time and money and see if *farming methods* can help? Preliminary trials reportd in earlier issues have told of Homa on pathogenic bacteria, the gypsy moth, forests in Europe exposed to acid rain, downy mildew diseases in grapes and many other relevant cases. Certainly one could be excused posing the question *"What is to lose by experimenting with homa"?* I mean it's not as if everything in the environment is under control and going smooth, is it?

A further lesson for us is that perhaps any residual shyness we many have in offering Homa as a tool to investigators is totally unnecessary now. A situation of emergency confronts us all and if we choose to bury our heads in the sand, it may be bad enough for us, but imagine how it will be for our children in say 15 years. Libraries may become increasingly popular as children flock there to see photographs of real trees, real ducks, real red-cockaded woodpeckers. . .!

Farming Bulltins 1-8 by Satsang editor Vasant and published by Agnihotra University are available for $ 1.50 plus postage by writing to the University (P. O. Box 43288, Washington, D. C. 20010). In it is much theory as well as practicum relating to farming and gardening with the copper pyramid healing called Homa. Agnihotra is the basic Homa, the processes given are easy and inexpensive and fun to do. For nearly 10 years they have been practiced and experimented with in several countries. Results have been uniformly sucessful.

As we have written before, it may be wishful thinking for us to sit back and rely upon governmental or other arms of our societies to get us out of the mess we are in. They either move too slowly, are too infirmed by vested interest or who knows! The point is that a tool has been gifted to us, you might say, that thousands are reaping benefits from daily. Thousands more await Homa Therapy. Let us help them discover it.

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FROM VASANTS TALKS AND CORESPONDENCE

If your love of God is stronger than your love of food then you can overcome your eating habits. Take care of your body. Eat less gradually and reduce intake of 'non foods', foods with little or no nutritive value (better known as junk foods). If you are accustomed to saying a prayer before eating then do that, otherwise a moment of reflective silence just before eating can curb a desire or at least reduce intensity of desire for food. See if that helps. But put consciousness on Shree and then it will just fall away as you come nearer to the Divine within yourself.

We cannot live for the future just as we cannot live in the past. All we have is the present. So, moment to moment, how can we do the best work possible and still be efficient and full of love? Many people can be efficient but they are not full of love. Many are full of love but not disciplined enough to become efficient. So the idea is to become the wholistic person, one who can do well in any area-business, family, etc. and still be full of love. Whatever work is done is done efficiently but without pride and ego. That is same thing with being in charge of others whether they be children or employees, co-workers, anyone-that ability to be firm and yet also be gentle, yielding. It is a difficult balance but now can be reached easily.

Have respect for the people but do not be afraid of them. Fear is not necessarily respect. The whole religion of Christianity is built on fear. It is easy to have fear. It is difficult to maintain a devoted spirit of surrender and respect. Do you see the difference? You are developing that inner reverence and respect now. Fear breeds resentment and mistrust. Respect breeds confidence, faith and trust. I do not want anyone afraid of me and my word. When that fear is in the heart a wall is always between the devotee and his Master. When the fear dissolves there can be clear connection between the two. Then the devotee's word is from Him and he speaks only truth and his word is One with the Divine. Then only can one speak. That is why silence is the best teacher. The mind is still and the voice can be heard.

You cannot force anyone to change their ways. The more disciplined you become, the more you influence all others.

You are literally physically exhausted from stress, improper diet and lack of sleep. This impinges on one's emotional as well as physical well being. You need total bodily rest and meditation. No stress at all. You cannot take it now. Do not feel this is your fault. You have just tried to do too much and you can take only certain levels of stress stree now. With proper cleansing, diet, meditation and total rest, you can increase your endurance tenfold.

This trip for... will clear up a lot of questions in his mind. With proper guidance he can rise higher so that he gets an overview of the situation and clear thinking results. Well, of course, if he were to do Agnihotra on a regular basis, this hastens the clearing process and a lot of Karmic burden can be greatly reduced in a very short time period.

If you behave one way for a long time, then all of a sudden you change, people are wary of this. They go on treating you as you were before. Partly this is habit and partly it is they are uncertain whether to trust this newly changed person. So for a short while expect the same reactions and try to remain silent because you will rise higher and then they will come to know this change is actually real and not a momentary thing.

Everyone has his Karma to work out, it takes years normally to work out Karma from past lives let alone this life. So you be full of love and your past Karma wiped out. Now just create all good Karma for yourself.

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AGNIHOTRA : RELIEF FROM STRESS

Barry Rathner Ph.D.
Washington D.C.

Of all that has been written and said about Agnihotra and Homa Therapy over the years, perhaps one of the clearest and all-encompassing statement is that AGNIHOTRA IS A MATERIAL AID TO REDUCE MIND TENSION. Indeed, looking at the modus operandi of this purification by fire process, we see ATMOSPHERE, PRANA, MIND meaning that the fire effects atmosphere which thus effects Prana (the life energy that pulsates in us and around us and connects us with the cosmos). Since Prana and Mind may be thought of as like two sides of the same coin, any change in Prana *automatically* effects mind.

The word "automatically" is an important one here. We have noticed in several clinical trials with patients from diverse economic, cultural and educational backgrounds that the perceived effects of Agnihotra are nearly the same. Those effects include :

Deeper sleep resulting, therefore, in less hours of required sleep.

Relaxation *without* resort to outside elements (tranquilizers, alcohol, drugs, etc.)

Cleaner thinking making it easier to "reduce problems to size"

"automatic" reduction in anger, greed, jealousy, attachment

reduction (near elimination) of epileptic seizures

As an example of why I have written that the word "automatic" is important, sometimes people ask if they need to give up meat-eating or alcohol, e.g., before beginning practice of Agnihotra. They are told that they need not stop these habits. At the same time, however, they are told not to be surprised if *automatically* they find themselves eating less meat and drinking less alcohol. Some kind of balancing seems to take place where people are "pushed" in the direction of taking better care of themselves.

So no dogma is required. People are told simply to take the required 5-10 minutes, to do Agnihotra each day at sunrise and sunset and then just sit back and enjoy the changes that may take place in their lives and in themselves!

As the New Age soon approaches its 20th birthday (since its inception in California in the late 60's), it is not surprising that many people *know* what to do to improve their lives. *Knowing* and *Doing,* however, are vastly different. Many patients report feeling locked into certain behavior patterns from which they feel unable to extricate themselves. This is not surprising since worldwide there seems to be an epidemic of stress which effects all of us. This may be an example of the cumulative effects of "thought pollution" spoken of in Vedas as the worst form of pollution. Add to this the atmospheric, water and soil pollutions that are increasing everywhere and we can see how we are at the mercy of our environment. Agnihotra improves the environment.

Any good bookstore has dozens of books which outline ways to better our lives. Many of the goals may be good. Some of the methods of reaching the goals may be honorable also. Our experience in and out of clinical and laboratory settings has been that AGNIHOTRA IS SIMPLY THE EASIEST, QUICKEST AND MOST PROFOUND WAY TO REDUCE MIND TENSION AND STRESS. Doing Agnihotra regularly has been reported to make it easier for one to follow whatever path, disciplines, growth techniques-even religion-that one is interested in following. Agnihotra thus may be thought of as some kind of all encompassing technique to be used separately or in conjunction with other techniques. The added benifit of the effects on atmosphere that Agnihotra has in a wide area are noteworthy as well. In other words, if I sit for 20 minutes and meditate, no doubt I am benefitting myself. The primary beneficiary however is myself. If I spend 5-10 minutes and do Agnihotra, not only am I helping myself but all persons (and plants and animals) in the area-a surprisingly wide area, by the way-are getting benefits.

In many psychiatrist and psychologist offices in many countries now, the atmosphere of the offices is being modified in such a manner that "doing psychotherapy" has been transformed into an unfolding of the patients' consciousnesses. Even if Agnihotra is not done with the patients, if it is done regularly in the office, we have seen that those who enter the office "automatically" experience reduction of stress, feel more relaxed and open to whatever beneficial interventions the therapist initiates.

An outgoing pilot study in Maharashtra, India at a live-in school for retarded children has demonstrated that regular performance of Agnihotra leads to more smiling, better eating and toilet habits, tremendous improvement in speech-related disorders as well as virtual elimination of epileptic seizures. Whereas the staff used to perform Agnihotra for the children in the beginning, often the children now do it themselves in this study which was begun in 1982.

It may be said finally that the best form of stress reduction is to feel love. If one feels truly loving towards himself and others, there is no room for debilitating stress to accumulate. Agnihotra, it has been said, trains the mind to react with love under all circumstances of life. This in itself is the key towards happiness-perhaps another way of saying effective stress reduction.

DO YOU KNOW?

POLLUTION

The planet Earth is in the grip of POLLUTION now. The situation is terribly critical due to the hazardous and devastating effects of pollution on the life itself.

The layer of useful atmosphere surrounding the earth is very thin. Automobile pollution, pollution due to factory exhausts, water pollution, noise pollution, the disturbance caused to marine biology due to disposal of nuclear waste in the oceans, the effect of nuclear radiation on human physiology, indiscriminate cutting of forests for raw materials, indiscriminate probings into the bowels of earth for raw materials to feed the industrial complex, indiscriminate use of pesticides, insecticides, chemical fertilizers, deodorants, room freshners, all these adversely affect the atmosphere. This leads to tension on the mind and increase in the incidence of disease, nervousness and psychiatry. All this must go if we wish to be happy.

LOOK AROUND YOU

Crime is increasing and disease is running rampant. Children are becoming more unruly, more hyperactive, more allergic. This is a direct result of the effect of unchecked pollution on the environment. Today we find increasing numbers of diseases including malfunctioning of bodily organs due to the increasing severity of pollution in the atmosphere. Unless some effort is made to set right the energy cycle of the planet man will suffer more and more from such diseases and ailments.

Our environment is in a state of dire emergency now. Sun rays passing through ozone layer become poisonous due to pollution. Solar rays reported to bear poisons, toxic to man. Ultraviolet rays from sun become poisonous as heat passes through layer of pollution that surrounds our planet. Solar rays threaten health. Formerly, sun was used to cure ailments. Now it creates them.

Many species of birds and fish are disappearing. All plant life is unhappy. With increasing doses of acid rain the top 12 inches of soil of earth is likely to be totally destroyed for anything to grow.

Biosphere is the life supporting system of the earth and if we refuse to heed we bring about our own destruction. The lives of millions are in jeopardy due to pollution. beed

WARNING TO SCIENCE & GOVERNMENT

WE WOULD LIKE TO WARN SCIENCE AND GOVERNMENT BOTH THAT THE CLOUDS THAT HAVE BEEN SEEDED WITH RAIN ARE NOW GOING TO POISON THE EARTH. THIS IS THE RESULT OF EXTREME POLLUTION. THE WHOLE ATMOSPHERE IS ENCRUSTED WITH POLLUTION AND HOMA FIRE REMOVES THE BLOCKAGE FROM THIS ENCRUSTED ATMOSPHERE AND HENCE THE TO PRACTICE HOMA THERAPY ON A MASS SCALE.

PRACTICE HOMA THERAPY

The cycles of nature have been disturbed man being a part of nature is bound to be affected. More and more people are just unable to cope with the world as it is today. So many are disturbed. We must work together to fight this misery. We must work scientifically and the most scientific remedy is mass scale practice of Agnihotra which is the smallest form of Homa Therapy. Man cannot survive this era without mass attempt at counteracting the destruction. This mass attempt is the practice of Homa Therapy. Agnihotra, the smallest form of Homa Therapy will be found to cure all forms of diseases ranging from nervous malfunctions to cancer in beginning stages.

Flora and fauna changing. Agnihotra ashes which have great therapeutic value have to be introduced into the water resources of this planet quickly if they are to be spared irrevocable pollution. It must be done on a large scale.

Chemical fertilizers cause cancer. Chemical oxidants start new strains of disease baffling science, defying cure. Agnihotra atmosphere and ash medicine will be the only things that will help. Agnihotra is the panacea for all life.

WHY DO WE TELL YOU THESE THINGS? TO SCARE YOU? NO. WE HOPE SOON THESE WARNINGS ARE HEEDED. FORTUNATELY THERE IS A METHOD TO HELP MAN TO COPE AND TO PURIFY THIS DECAYING ATMOSPHERE. THAT IS AGNIHOTRA.

HOMA THERAPY WAS PRACTICED BY THE ANCIENTS ALL OVER THE PLANET. IN COURSE OF TIME IT CAME TO BE LOST AND NOW THIS KNOWLEDGE IS BEING REVIVED.

HEAL THE ATMOSPHERE

Performance of Agnihotra based on one biorhythm corresponding to sunrise and sunset establishes one healing cycle which is basic to Homa Therapy. Atmosphere between the earth and solar range becomes more pliable and more easily shaped by performance of Yajnya. It has to be shaped as it is out of shape due to pollution.

Agnihotra heals the atmosphere. Agnihotra injects nutrients into the atmosphere. Agnihotra makes plant life happy, birds happy, Performance of Agnihotra energizes plants and gives plants nutrients. The atmosphere becomes nutritional, the rain becomes nutritional, the soil becomes nutritional. Hence crops become nutritional. Especially medicinal plants from now will thrive in Agnihotra Plant Therapy. When a plant remains in an atmosphere where Yajnya is performed regularly the whole structure of the plant is strengthened and thrives.

Agnihotra helps maintain in harmony the oxygen-recycling system of nature. Agnihotra helps better absorption of sun's rays by water resources on the planet. You can make medicines from Agnihotra Ash as developed in West Germany. You grow better crops with Agnihotra. Agnihotra atmosphere is therapeutic. It removes tension from the mind. You become full of LOVE and happy. Nothing else really matters when you become full of LOVE towards all. ash

Agnihotra atmosphere itself is a healing power. The ash itself acts as a healing agent when mixed properly with correctly prepared ghee (prepard from Cow's milk-butter only). The healing properties are very powerful in this substance. You heal the atmosphere through Yajnya and the atmosphere heals you. In FIRE lies the power for harmonious transformation.

AGNIHOTRA AND AGNIHOTRA ASH MEDICINES BECOME A SAVIOR. THE WORD SAVIOR IS IMPORTANT HERE.

Please write for more details to:

Prof. S. G. Mulay
Homa Therapist
Shivapuri-Akalkot
Dist Solapur 413 216 (M.S.)

About the photograph on page 9

Notice at the entrance of a temple at Bali The warning, that is, PERMAKLUMAN, in the Balinese language, is given in French and English languages. It says, 'If you wish to enter the temple you must be dressed properly in respect for the Balinese-Hindu Religion. Please wear a scarf around your waist. Entrance is forbidden to menstruating women. Your cooperation is deeply appreciated in preserving the sancitity of our temple.'

Bharatiya
Satsang

February 1986 NEWERA 43 Vol. VI, No. 9

President Soeharto Declares War on Rats in Indonesia

A recent newspaper article from
karta, Indonesia states that the presi-
nt of the country has called out the
med forces to battle a severe rodent
oblem. The article goes on to state
at the rats destroyed 22,000 hectares
rice over a period of a year. Another
ticle concurs that the rodents are an
creasing problem and recommends
epping up eradication programs. Homa
erapy methods, based on the bio-
ythmic sunrise sunset Agnihotra
oma fire, are recommended as an
tidote to this problem.

Rats damage 22,963 ha of ricefields

Ricefields damaged by rats have reached 22,963 ha this year, showing an increase compared with 18,000 ha last year, Junior Minister for Food Production Ir.Wardoyo told the press after he met with President Soeharto at Bina Graha here Monday.

Some 11,636 ha out of the 22,963 ha of damaged ricefields are found in West Java, 7,016 ha in Central Java and 1,836 ha in East Java, the junior minister explained.

Ir.Wardoyo called on the community to step up eradication of rats not only using poisons or implementing a certain planting system, but also applying traditional methods, which were considered effective.

On the occasion, he reported to the Head of Government the realization the itensification program on rice fields. He disclosed that the realization of the program covered 2,371,741 ha in the first eight months of this year, an increase of 4% over that in the corresponding period of last year.

The available rice fields all over the country are estimated at around 2.55 million ha at the present time, an increase of about 5% as against those at the end of last year.

Corn and soybean plantations found throughout Indonesia expanded by about 30% from 1,072,000 ha at the end of 1984 to 1359,000 ha at the end of August this year.

Concerning vegetable plantations, the junior minister pointed out that onion plantations found in Indonesia expanded from 2,837 ha at the end of 1984 to 6,179 ha at present.

Regarding the supply of fertilizer, he disclosed it showed an incresae of 6% for TSP, 19% for Za and 28% for KCI, but indicated declined of 2% for urea. (Ant).—

It's rat eat rat as farmers get to bottom of problem

JAKARTA (JP): It's a rat-eat-rat world in Lumajang, East Java these days.

Farmers living in the Lumajang regency of East Java are so fed up with rats devouring their rice paddy they have devised a diabolical plan for rodent warfare.

The folks there catch the rats in the usual ways — and then sew up their anuses with plastic string and release the ravaged rodents into the fields again, *Antara* reported Friday.

Crazed by being unable to defecate, the rats turn on their fellow rodents and bite them to death, before dying themselves, usually in about three days, the report said.

By using this method, the Lumajang people have set a new record in killing the pests. More than 62,000 rats have been killed in the past three weeks, after the people and local farmers launched the intensive rat-killing drive, *Antara* said.

Despite the fact that the local government had succeeded in surpassing the targeted 55,000 tons of rice-equivalent crop yields, some 1,250 hectares of rice fields were damaged by the rodents.

Angry farmer hangs 150 rats

JAKARTA, Fri. — An angry farmer in Sukabumi, West Java, has executed 150 rats by hanging them one by one with rope, the National News Agency (KNI) reported.

KNI reported Mr Asmad, a farmer, as saying he usually got between eight and 10 tonnes of paddy for one hectare in each harvest.

But a recent rat plague resulted in his harvesting only between three and four tonnes of paddy for each hectare.

Mr Asmad, using rat traps, succeeded in catching 150 rats and hung them along his garden fence, KNI said, however, that half of the rats were already dead before the execution. AFP.

War declared on nation's rats

JAKARTA (JP): President Soeharto Wednesday ordered the armed forces to battle one of mankind's oldest enemies — voracious rats gobbling food supplies.

Information Minister Harmoko said following a limited cabinet session that the President has called out the troops to combat the rodents which this year have devastated more than 22,000 hectares of rice, the nation's staple food.

Rats invade city hall!

JAKARTA, Sept. 13 (AFP) – Some 4,000 rat traps were set in Jakarta's city hall yesterday to stop rampaging rodents from eating their way through the city's archives, officials said today.

Wooden boxes containing poisoned bait were placed in one of 8 blocks of the complex, and the other blocks will be baited as soon as possible, they added.

The move coincides with a campaign throughout Java to combat a plague of rats.

Officials said the city hall rats had already succeeded in gnawing through official documents and other papers causing significant losses to the administration.

The Rats of Kafr el Chiech

Eltahra Maryam Sun

Once upon a time there was a wonderful kingdom. Its name was Kafr el Chiech and it lay on the bank of the river Nile in the sunny land of Egypt. The king of this land was called Karim and he ruled his country as wisely as you would expect from an Egyptian king. A real king of course needs a queen, whose precious name was Iras. And a real fairy tale needs a fairy princess. She was the lovely daughter of the royal couple. In honour of the great, great, great grandmother or the great, great, great, great grandmother of the king she was called Cleopatra. Cleopatra had once been a very famous Egyptian Queen. But that was already a long, long time ago. At this time the name Cleopatra wasn't popular and so the Queen was rather unhappy because the name was so old fashioned. But the King had insisted on it. He was a man of tradition and he knew that his people thought exactly like he did. Although the Queen was offended and the King had to do without his favourite dish – mashed dates with bananas – for one whole week, as a punishment so to say, Cleopatra remained Cleopatra.

But, praise be to Allah, like everywhere else in our beautiful world, also in Egypt, there were nicknames. And that name the Queen was allowed to choose herself. As a reward so to say, her husband was served a double amount of mashed dates with bananas for one whole week!

The Queen called the princess Mona, because the Queen loved the moon so dearly and Mona sounds just as round and lovely as the moon, bathing on hot nights in the cool water of the river Nile.

The people of the Kingdom of Kafr el Chiech on the river Nile were living happily and contentedly together. The land was very fertile and they had everything they needed for their daily life, until that remarkable day when the disaster broke over the Kingdom.

It began with a fat, black rat who stole into the royal larder and shamelessly gobbled the mashed dates of the King. That was a big thing indeed, since it was the favorite dish of the King – not only a king, but the Egyptian King! But unfortunately rats are not too sensitive and respect seems to be a foreign word to them in Egypt just as everywhere else in our beautiful world.

When the royal cook entered the larder, he almost lost his balance. Flabbergasted he stared at the fat rat. Such a thing had never ever happened before. A rat in the royal larder! For a few seconds the rat was almost as shocked as the cook himself but soon she recovered and with an angry whistle she escaped.

The royal cook thought it would be best just to forget the unspeakable outrage as soon as possible. But he did not take into account that rats are very spiteful.

The big, ugly rat hadn't forgotten their meeting in the royal larder and as nasty as rats are she secretly started making plans to take revenge. The disaster began its course.

One day in the morning Karim had to face an unpleasant surprise. He was already busy giving orders and taking advice from his ministers when all of a sudden his highest minister rushed in with wild hair and beard almost like a bush. Wild hair was very rare in the Kingdom of Kafr el Chiech and a bushy beard you wouldn't find at all. King Karim as you should know, was a man who loved order and neatness and he laid great stress on the appearance of his subjects.

"The appearance is the reflection of the soul," he used to say.

So now you can imagine his horror when he caught sight of his wild haired and bush-bearded minister. He couldn't believe his eyes, since his highest minister was normally an obedient subject who always carefully fulfilled his duties.

Neither his hair nor his beard had given King Karim cause for complaint before. With punctual regularity the minister attended the royal barber to have his silky grey hair and honourable silver beard combed. And then he almost looked like Santa Claus. But that was never noticed because in Egypt Santa Claus is not as famous as here.

"You . . . you . . . r . . . Gra . . . Gracious . . . s . . . Majjjesty . . . ," the minister stuttered. And that was another thing that astonished King Karim. A stuttering minister! That had never happened before.

The Queen quickly turned away pretending to have a coughing attack, in order to hide her laughter. He just looked too funny, the stuttering, wild haired and bush-bearded minister! "Your Gracious Majesty!" he repeated, this time without stuttering.

"I have to tell you something sad.
Rats are eating up our daily bread.
They're gnawing their way through
the fields of our land.
Your Gracious Majesty, I fear that's
the end!"

His Gracious Majesty was not only an extraordinarily wise king but also a very poetical one. Mostly he loved the Greek classics (maybe it was because his favorite great, great, great grandmother or great, great, great, great grandmother – he didn't know exactly which one – it was that famous Cleopatra, after which he had named his daughter, was Greek by birth) and was reciting verses for hours continuously in a language that nobody in the whole court could understand. Secretly they murmured that even the King himself didn't know what he was reciting. But he was the King and the language sounded lovely. So they listened carefully and applauded politely.

Well, as the King was so very poetical, he had given orders that all his subjects should talk with each other in rhymes only. This was indeed a nice thing! Besides, it had the advantage that the people of the Kingdom of Kafr el Chiech almost never quarreled with each other. Quarreling in rhymes is much too hard. By the time you have found the right words, your anger has already passed away. Now you can imagine how wise Karim really was!

Well, when his ministers told him the bad news about the rats, the King was so astonished that he had to think very hard for quite a while to find a suitable rhyme on it. Ashamed he began to pull on his ermine robe, then he knocked a few times with his sceptre on his knees and finally shouted at the top of his voice.

"Dear minister, it's hard to believe
that rats are eating up as you said
our daily bread."

This was not a rhyme of genius, I agree! But if you consider that since Karim had been ruling the land there had been neither rats nor famine, we can easily forgive him this more or less ordinary rhyme.

His Gracious Majesty apishly scratched his head; he was indeed rather confused. Besides he had to take care not to lose his crown (sometimes things are not so easy – even for an Egyptian king!) then he continued.

"Hurry up and spread
The message that our daily bread
As well as oranges and even cats
Are being eaten up by rats!
Immediately go
And let my people know
Whoever will free our land
Of the rats, will be given the hand
Of my daughter, so lovely and dear
And will be King of Kafr el Chiech!"

That seemed to be the proper solution to the problem. The minister thought so too. He put his hair and beard quickly back in order and said,

"I'm hurrying, I'm flying
just like the wind on the sea
To look for the one to set us free!"

The King nodded his head and added:

"What a wonderful idea, I agree!"

The minister bowed respectfully and hurried as fast as his honorable minister's feet allowed him, out of the palace.

During the following weeks things at the court went on as never before. In truth things never ever went like that before at an Egyptian court. From all the four corners of the land the most clever and most academic scholars arrived to offer the King their services in ridding the country of the fat, black, ugly rats.

Meanwhile the plague had increased so far that the people didn't dare leave their houses anymore for fear of being attacked by the rats.

The rats in the meantime were boldly running through the fields busily eating up everything, *everything* they could get between their sharp teeth. It was a pity! And not one of the scholars and wise men arriving daily at the court could help.

Mona, the fairy princess, meanwhile was rocking in a little boat on the river Nile, dreaming of the fairy prince who would free the land from the rats and so win her hand in marriage.

And one day, after the moon had risen already countless times above the unhappy kingdom of Kafr el Chiech the dream of the fairy princess came true.

A mighty magician arrived at the court. He came from a far land since the message of that extraordinary plague had found its way already far beyond the borders of the Kingdom. The mighty magician was unbelievably handsome as Mona the fairy princess noticed immediately.

He looked exactly like the fairy prince in her dreams.

The magician bowed down respectfully before the King. King Karim smiled painfully, because his real smile had faded completely away. He waved impatiently with his hand, as though he wanted to chase away a few nasty flies.

"Welcome to my Kingdom, dearest friend.
I hope, you came to put an end
To those brutes that are growing day by day
Bigger and bigger, let us pray
To Allah, that He will help you
With whatever you intend to do!"

Yes, you did read correctly! The King used the word brutes for the rats! Normally that is not something a king should do, especially an Egyptian one. But the King was already too upset to think of etiquette and good manners. With such a lot of ugly rats it didn't matter anyway! One ugly word more or less, who cared?

But the foreign magician kept his sense of honour. He chose his words carefully.

"His voice sounds like falling rain,
I fairly hope, he didn't come in
vain!" thought the princess to
herself.

Just as if the magician had guessed Mona's thoughts, he looked at her with eyes as deep and mysterious as the beloved river Nile of the princess.

"Your Gracious Majesty," he finally began.

"I've come from a land very far
away,
Called the Land of Smile where we
know a way
How to be happy and how to feel
free.
A fire called *Agnihotra* is the key.
We burn it when the sun begins to
rise in the East
And goes down in the West and
last but not least
We sing an ancient magical song
That keeps away all things bad and
wrong."

The King had stopped waving his hand. He seemed to be quite impressed by what the magician was telling him and so he kindly requested:

"Dear friend, it moves me what I've
been told.
Come on, tell me more about this
fire of old!"

The magician from the Land of Smile took from out of his sack a small copper pyramid.

Now the King seemed to become more and more impressed. Again he started waving his hand.

"Dearest friend, in our land we
know
Those pyramids from a long
time ago!"

The handsome magician smiled:

"Well, we also know them your
Majesty,
And in them we burn dried cow
dung, rice and ghee.
And furthermore we also know
That rats or pests have to go
As they don't like the fragrance of
love
We attract through our fire from
high above."

Well, this was indeed a magical vision, thought King Karim. The princess eagerly clapped her hands and exclaimed:

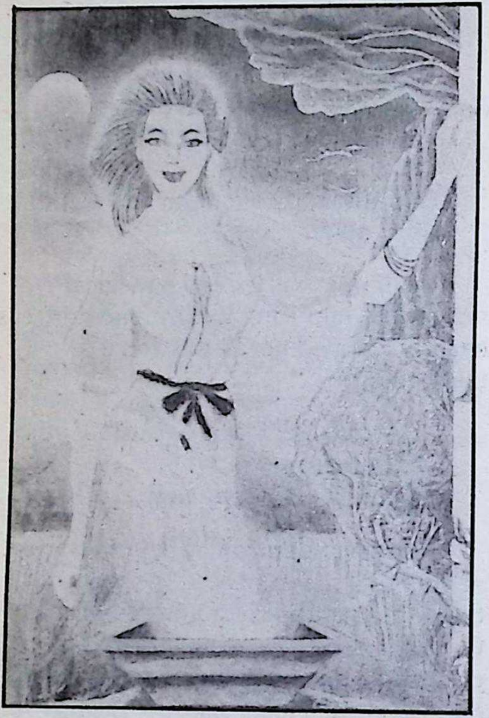
"Dear friend, teach us quickly this
fire so dear
To make us happy now and here!"

As the golden sun of Egypt was just about to go down behind the roofs of the houses of the Kingdom of Kafr el Chiech on the river Nile, where the crocodiles yawningly went to bed, the handsome magician sat down before the throne of King Karim and lit the *Agnihotra Fire.* When it flickered brightly, he took a few grains of rice exactly at sunset and put them into the fire, singing the ancient magical song:

"Agnaye swaha
Agnaye idam na mama
Prajapataye swaha
Prajapataye idam na mama."

The fire was spreading a lovely fragrance and all the faces of the whole court lit like the fire itself. But in front of the windows they could hear the angry whistling of the rats, as they fled from the healing smoke of the ancient *Agnihotra Fire*.

The fairy princess closed her eyes blissfully. And in the same night she dreamed under heaven's roof of an unbelievably handsome magician and a magical fire that gave the people everlasting happiness.



And that's exactly how it happened. The next morning, before the first cock crowed the court had gathered in the banquet hall to share in the *Agnihotra Fire* at sunrise. The honourable ministers were busily rubbing the sleep out of their eyes and Mona, the fairy princess, was yawning deep from the bottom of her heart. She took care that the King didn't see it. As I said already, the King was very fond of good manners even if it was his beloved daughter (or maybe just because of that). Normally Mona let the sunbeams kiss her awake. She had never gotten up that early before!

The handsome magician lit the *Agnihotra Fire* in the copper pyramid and added the ancient magical sunrise song:

"Sooryaya swaha
Sooryaya idam na mama
Prajapataye swaha
Prajapataye idam na mama."

Red golden, like glowing copper the sun rose above the Egyptian Kingdom of Kafr el Chiech. And in the courtyard all the fat and ugly rats were gathering with a painful whistling to make war plans. Their leader, a particularly well nourished ugly rat, finally gave the order to remove the troops from the enemy area. As you know, fragrances are a kind of absolute horror to rats. And so it happened that within the very shortest time the rats had gone just as though by magic.

The people of the Kingdom dared leave their houses again to thank their saviour, the handsome magician from the Land of Smile, in the name of Allah, the most merciful and most gracious. And when the full moon, fat, round and golden took a cool bath in the velvet water of the Nile, the marriage between Mona and her fairy prince was celebrated at the palace. King Karim put the Egyptian snake crown on the magician's head, handed over to him the Key of the Nile, the ancient Egyptian symbol for fertility and gave him his throne. Then the wise King Karim of the Kingdom of Kafr el Chiech went into his well earned retirement. He had fulfilled his task just as you would expect from an Egyptian king. Through a simple fire he had led his people to everlasting peace and happiness. This was many, many years ago. Today the former Kingdom of Kafr el Chiech isn't a kingdom anymore, also it isn't ruled by a king. But the governor of the Egyptian province of Kafr el Chiech is a wise man. He loves his people and therefore he has brought back the *Agnihotra Fire* to his land to get rid of the rats. (It had been forgotten for some time, as happens with so many of the good things on our beautiful world.) And doing that he did exactly what you would expect from an Egyptian wiseman. Through a simple little fire he had led his people to everlasting peace and happiness. And this could be an example for many of the presidents in our beautiful world, couldn't it?

[Dear Mohammeds, Achmeds, Abd el Aals and Abd el Hamieds, Abd el Nassers as well as Sharifs, dear Semias, Delias, Mohezzins and Mahmuds, Assisis and Sakeias, dear Elhams, Helas and Islams, Brahims, Abd el Rachmans and even Cleopatras, if there are any, dear children on our beautiful world,

Our dearest Mother Earth has become very sick because of the many poisons that we are feeding her in the form of insecticides, pesticides, chemical fertilizers and by the stinking gases of our factories and cars. Birds hardly find enough clean air to breathe and the trees cannot grow since the natural balance of the soil has been disturbed. The people are making wars and continuously are getting in each other's way. They feel rather unhappy and although they think that they have everything, *everything* you can imagine in our beautiful world, they are still not satisfied.

However, as our fairy tale of the Egyptian Kingdom of Kafr el Chiech proves, there is a simple way out of this bad situation, *Agnihotra,* a little fire for purification of the atmosphere and mind. *Agnihotra* is done exactly at sunrise and sunset. Only a few things are required: A small copper pyramid, dried cow dung, ghee (clarified butter) and some grains of brown rice. A few minutes before sunrise or sunset some small cakes of cow dung spread with ghee (clarified butter) are lit in the copper pyramid. Exactly at sunrise and sunset we sing two mantras – our ancient magical song – and put a few grains of rice into the well burning fire after each mantra. That's all.

While you are looking into the dancing flames it is good if you sit straight (straight spine) as the healing rays coming from the sun down to our earth can be assimilated much easier that way. That will remove all the tension, anger, doubts and fears from your mind and this will surely make you happy here and now.

The ash remaining from the *Agnihotra Fire* you can use as a natural fertilizer for all your plants. You can strain it fine, apply it on wounds or mix it with ghee and honey and eat it. It contains a lot of precious minerals and subtle energies and will protect you against all kinds of diseases, states the ancient science of medicine. In modern times they are using ash medicines in Poland and Germany. You can prepare your own ash every day.

Let us fill all the spheres with *Love,* so that our Mother Earth will become healthy again and our children still can enjoy the singing of the birds, the coloured butterflies and lovely smelling flowers!

El Hamdulilla – Praise be to God
Allah's Grace be with you and our beautiful world
In *His* service, Yours

Eltahra Maryam Sun]

The Miracle Did Happen

Satsang editor Vasant, Sigi from Austria and Eltahra Maryam Sun stayed in Kafr El Chiech district of Egypt and started a *Yajnya* Healing hut on a farm infested by evergrowing hybrid rodents which had proved immune to chemicals, insecticides, pesticides and herbicides.

As an inevitable concomitant of the healing atmosphere created by *Yajnya (Homa)* fires, the rodents disappeared.

This happened three years ago.

Excerpts From Vasant's Writings

(Compiled by Prof. Sudhakar Mulay, International Homa Therapy Research Institute, Shivapuri, Akalkot, Maharashtra 413216 India)

Reptiles multiply at fantastic rates but change their dietary habits due to pollution. Those that used to subsist on insects as a balance of nature change their subsistence diet to crops causing many times multiplication of insect population which feeds on crops and also depletion of crops due to reptiles. In some places they will be crawling everywhere and they will be at places where they were never seen before. Terrible. It will be those that are venomous, the potency of their venom increases. It sounds like science fiction what we are talking. Actually it is absolute truth.

Elements of earth are changing. Agnihotra is the process whereby the molecular components of elements are restructured to a similar form in which they now exist. Without Agnihotra this restructuring cannot take place and hence it becomes impossible for all forms of life to exist on this planet. The first thing this affects is the atmosphere, next because of this the plants and next destruction. Only way out is to perform Agnihotra.

Jungles in South America become infested with certain rodents. This creates a problem for the whole world as they begin to multiply and eat crops that are used by local people creating food shortages.

Acres U.S.A. Conference-1985

Jerry Hodges

We are happy to report that once again we have had the opportunity to share time with the producers of our food, the farmers. However, these aren't "ordinary farmers" in that these are people searching for a new way. The brochure advertising the conference for November 20, 21, 22, in Kansas City, Missouri sets the program with the introduction:

"You have all been to farm conferences. And you have come home with bagfuls of fancy literature on the newest tractor or the newest miracle chemical. Acres U.S.A. gatherings are different. Your bag will be full of a valuable, workable plan for success-and insight into a higher level of agricultural science."

The Acres U.S.A. December 1985 newspaper indicates awareness of the terrible harmful conditions under which we are now living. From the newspaper's section entitled "Insight" are the following articles:

"Alar Ban Sought. Alar, a chemical that makes apples red and causes them to hang onto a tree longer, is on the way out, according to reports out of EPA. In a review notice, EPA said that Alar and the byproduct UDMH are believed to be cancer causers. Alar was first registered by Uniroyal in 1963."

"The problem with Alar is that it penetrates the skin of the apple, and cannot be removed by peeling or washing."

"Chlordane In Fish-Fish with excessive levels of chlordane are turning up in Swope Park lakes, Lake of the Woods, and a Kansas City lagoon. Commercial fishing on the Missouri River is a vanishing trade. Fewer than 900 people in Missouri have commercial fishing permits. Many consumers view wild fish as too dangerous to eat. In too many cases, chlordane turns up like a bad penny."

"The Conservation Department has tried to offset the bad publicity by ruling certain areas safe. But EPA has reported a 42 ppm chlordane in fish from the Missouri River at Kansas City and Lexington.

"Dioxin is a contaminant in the manufacture of chemicals routinely turning up in recreational waters."

The need for upliftment of all people's consciousness is illustrated in the following article:

"Injection Dumping Note-In Ontario, the natives tell us, some unsavory characters punch wells deep into the soil and unload unspeakable toxins that, soon enough, march into the ground water. Much the same has gone on in Michigan during recent years."

"In California recently, the matter of toxic waste injections into wells surfaced to sour the landscape. Rio Bravo Disposal Facility at Bakersfield recently sought an EPA permit for injection dumping. Kern County Valley Action Network sent an attorney, Suzi Ruhl, to oppose the

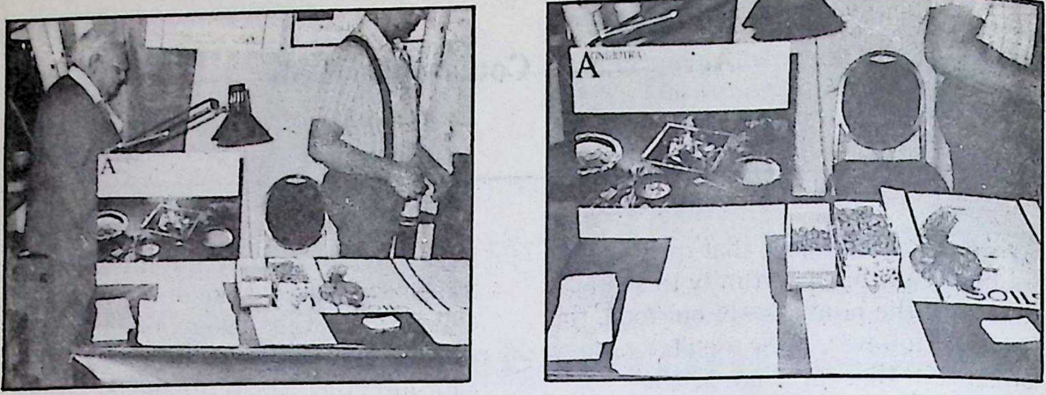


Exhibit at Acres U.S.A. conference held in Kansas city, Missouri.

permit. Some 220 pages of testimony were recorded.

"The incident-whatever the outcome-illustrates the coming of age of an awareness."

And finally, the article that represents one of the most serious conditions of all:

"Today's Silent Killer-Time and again reports have warned of the dangers of contaminated tap water. These dangers are very real to everyone in America. Many rural homes rely on underground wells as their only source of drinking water.

"Recent studies by the EPA have shown that most of the nation's 50,000 city and town water suppliers are slightly or greatly contaminated by such cancer causing substances as asbestos, pesticides, nitrates, lead and arsenic. Fully 63% of all rural Americans now drink contaminated water and 38% of all community water systems contain poisonous chemicals.

"Rapidly advancing industry and technology have led to large-scale dumping of potentially hazardous waste chemicals into rivers and lakes. Recent occurences in the United States show the dangers of such dumpings. To be safe, water has to be distilled or screened via reverse osmosis or adequately filtered."

These type reports are not new in SATSANG. A review of past SATSANG issues will indicate that much has been foretold. The price we must pay for upsetting the energy balance of the planet is upon us. The farmers are among the first to experience the backlash with the ripple effect close to all citizens of Earth.

More than one farmer told this writer of their plight with tears in their eyes. So much empathy we feel for them. Many have their backs to the wall on the brink of losing their land and family tradition. Some spoke of losing three and four annual crops in succession and the failure of chemical applications. All this has caused many to go back to the basics to try to rebuild the soil that is now devoid of organic life. There is so much against them.

Returning to the organic ways of farming is one of the first steps in restoring the biogenetic balance. However, it does not provide for the necessary changes in atmospheric conditions which currently disturb the filtering of cosmic energies from the upper solar range.

Researchers at Advanced Sciences Research & Development Corporation have addressed this issue by developing an instrument called the Cosmic Pipe to intensify the solar energies that manage to get through and broadcast them through the soil structure. *(We have previously reported on experiments using Agnihotra ash as a reagent in these pipes.)* TO FURTHER INCREASE THE ALREADY PROVEN EFFECTIVENESS OF THESE PIPES, IT HAS BEEN SUGGESTED THAT EXPERIMENTS BE DONE TO CLEAR THE ATMOSPHERE BY PERFORMANCE OF AGNIHOTRA AND OTHER HOMAS.

From the Homa Therapy Farming Bulletin 6, published by Agnihotra University, is the following:

"...It is the Ghee (clarified butter) that is the catalytic factor and on a more subtle level the Mantras interacting with the combinative effect of the burnt ghee and rice. This combination enters the soil after returning from the solar range. When Agnihotra is performed there is some sort of turbulence of electricities and ethers created by the combination of Mantras and fire that extends all the way to the solar range. The effect shoots straight up a distance of approximately eight miles."

Research farmers from Illinois and Arkansas have agreed to explore this by monitoring effects through the Cosmic Pipes with "Geniune Heironymus Analyzers." Reports of results will follow.

An exhibit was set up to share information about Agnihotra & other Homas and handouts were made available for those interested. AGNIHOTRA was demonstrated daily and taught to those desiring.

AGNIHOTRA IN DOMINICAN REPUBLIC

Najlaa Muhammad

I am writing to share a beautiful experience I have encountered in the light that it may help to open our hearts and minds to know that we have been greatly blessed to have Agnihotra come into our lives and our world, to share with those near and far. Because of my experiences with Yajnya (Homa) fires, I made the decision to devote my life to spread the message of LOVE through Fivefold Path of which atmospheric purification through Agnihotra is the basic principle. I want to aid others in obtaining this essence of enlightenment in life.

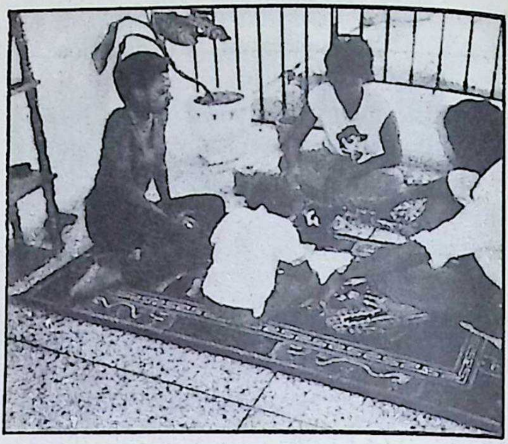
In February, 1985 I received a call from Atu asking that I join him in Santo Domingo, capital city of Dominican Republic to help him teach Agnihotra and Homa Therapy. While Atu was in New York I admired his dedication and told him that I would like to travel and serve in the manner he does. When I received his call I was petrified. Here I am a city girl with two small children and a full time job. I couldn't see anyway that I would be able to go but it never left my mind that it was the Will of the Most High that I get there somehow.

I even comtemplated quitting my job. I knew a decision had to be made. After morning Agnihotra I sat in meditation and asked the Most High to show me what was His Will. That day is so clear in my mind. I prayed all day wondering what I should do. I called Atu and told him I would not be able to go as I had not found a way to maintain my family as welll as serve the people of Santo Domingo. Needless to say not being able to go hurt me very deeply because I felt that I was supposed to be there.

Najlaa Muhammad doing Agnihotra in the retreat house at Sherab Ling in Jarabacoa.

Shortly after our conversation my supervisor came to me and said I had to be laid off because my position was being terminated. I was shocked. Tears ran from my eyes as he went on how sorry he was. My heart was overjoyed. I knew it was Divine Will. Most people would have looked at this situation as a crisis but for me it was a pure blessing.

When I arrived home, I spoke with a very close friend. She gave me encouragement to follow my calling and assured me that my children would be well cared for. The following morning I phoned Atu informing him of what had occurred. He asked me to bring vegetable and flower seeds to plant. I took with me Spanish literature on Homa Therapy printed by Agnihotra Press and many Agnihotra copper pyramids as I could.

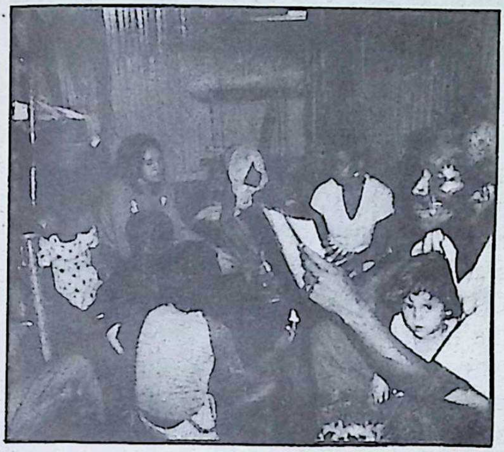


Najlaa Muhammad, boy-Adonis Gomez, William Classe and Miss Gleinn doing Homa at the house of Bilin and Karin Gomez in Santo Domingo

Upon my arrival in Santo Domingo, I was greeted by Atu, William and Karin who shared her home and provided food during my month long stay. William later helped me with translations when I started moving among the people to teach Agnihotra.

After a short rest after arrival, the remainder of the day was dedicated to meditation and discussing the work that was to be accomplished during my stay. I recall not being able to sleep that night and praying that I would be able to fulfill the job I had come to do. I wanted to give all I could.

After morning Agnihotra next day, we gathered the literature I brought and left for the city. While traveling to the city, I marveled at the beauty of the country. As we approached the city, only ten minutes away, the reality of the lifestyle in Santo Domingo became evident. It was extremely congested with traffic, merchants, poverty, ghettos and people everywhere. Nonetheless the people were warm, giving, and polite to us. I remember many people asking Atu to come into their homes for meditation and offering to share a meal with them. It is evident that because of poor sewage, disease is prominent among the inner-city like I have never seen. However, their pleasantness, love and kindness are characteristic of Dominican people. I was moved deeply for although I had seen poverty in New York, it was nothing comparable to what I was experiencing. Yet during my entire stay, I never heard anyone complain about their situation.



Najlaa doing Homa. Neighbouring children learning mantras.

A friend arranged for our stay with Billin and Karin Gomez. The home of Bienvineto and family was where we daily performed noon Yajnya (HOMA) and meditation. At times there were as many as 15 children of all ages and many friends would come to experience Yajnya and evening Agnihotra. To my surprise all of the children learned the Agnihotra Mantras and the Om Tryambakam Mantra in one afternoon. I remember people coming and going constantly. Those that could not be seated inside the house would observe from outside. They were all curious as to what the copper pyramid fire was and also about the healing properties of the ash.

One afternoon a young lady asked us to come to her home for meditation. She had heard about the "fire" and wanted to know more about it. As we sat in a circle on the porch, Atu explained Agnihotra and the healing properties of Agnihotra ash while William translated. Some of the sisters giggled as in disbelief of the healing powers of Yajnya. Praise be to Allah I was able to present to them the book "Light Towards Divine Path" by Vasant which was translated into Spanish. Everyone was given a sheet with the Om Tryambakam Mantra and as instructed to repeat after Atu. After Yajnya their mother came and was sitting outside in the middle of meditation. Later she informed us that her headache which she had been having for sometime had gone away.

People showed us sores and rashes on their bodies which they were unable to get rid of. They requested me to make Agnihotra ash medicines for them. Francisco who works with Tourist Department was attracted to Yajnya from his initial introduction. These are three of the many incidents that stick out in my mind that took place during my stay in Santo Domingo.

I traveled to the countryside of Jarabacoa. There Bilin and Kerin own some land. On a mountaintop there are houses for retreats and meditation. They wish to utilize the surrounding land for Homa Therapy Farming. The people of Jarabacoa live simply. They are interested in learning more about Agnihotra, Homa Therapy and Agnihotra ash medicines. The effect of these practices would eliminate the use of pesticides and enable them to grow fruits and vegetables organically.

We knew there was much work to be done with the land. However one day at 4 a.m. Atu asked me to prepare for meditation. I went outside the house to take a bath. The water had been gathered from the river 500 meters below the mountaintop by children of the village. The brightness of the sky amazed me. I had never seen anything so beautiful. I sat and thought about the miracles of the Most High that are natural everyday occurances that we most often take for granted. The effects of Bilin chanting Mantras and Atu performing Agnihotra generated powerful energy. As I gazed into the Yajnya fire I saw it was filled with a radiant aura of white. Althouth the Mantra chanting had ended, I could still hear the sound. A high-pitched humming yet soothing sound made my being tremble. It was so breathtaking. I surrendered and I felt as though it was everywhere. I could no longer see anything in the room. There was only the light and that humming sound.

I would like to convey my sincere gratitude to Bilin and Karin for opening their hearts, sharing their home and giving their Divine Love and wisdom to me. Because of this experience I have learned what it is to give feeely without attachment.

My brothers and sisters of Santo Domingo forever will be in my heart. May the Divine Light forever shine brightly on the land of Dominican Republic through mass practice of Agnihotra and Homa fires.

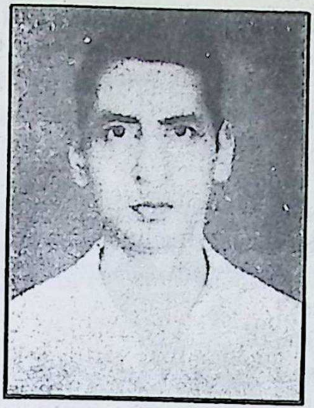
Vasant visited Santo Domingo in November. I heard an interesting story from Atu. Vasant told him that there was a place called Santa Clara in Santo Domingo and we will have to show them Yajnya. William and his wife Divina went to the post office to inquire but nobody knew any place with that name. William drives a taxi and Vasant told him to go to a certain area beyond the river and make inquiries. William went into the main police station of the area and yet nobody knew any place by this name. Finally they drove around and found the area which was locally known as Santa Clara although police and postal maps did not show that name. It was an extremely poor area with high density population and with inadequate arrangements for sanitation. Vasant, Atu, William & Divina walked through the area and we are looking for a place in the area where we can start regular YAJNYAS.

Martha, Rosanna, Najlaa, Gleinn, Divina, Martha Matagi with children in front

Vasant finally remarked "Dominican Republic will take to Yajnya in a big way."

Lake of 3 Eyes in Santo Domingo. William, Najlaa and Francisco.

STRESSES OF LIFE HOW TO COPE WITH THEM



Dr. M. M. Bhamgara

The word 'stress' has different meanings in different contexts. Engineers measure stress by applying forces or pressure or tension from two or more directions till the substance being tested is broken or torn or it crumbles. They measure stress of metal, wood, etc. They talk of metal fatigue. Some say that the increase in aviation accidents is due to metal fatigue. Fortunately, we are living in times when not only the fatigue and stress of metals are studied, but also of us human beings. It is said that our stress is the sum total of mental and emotional tensions that are encountered in modern life. When irritations, frustrations, disappointments, injuries, insults, anxieties, etc. accumulate mentally, stress is built up. Negative emotions such as anger, jealousy, greed, etc. also contribute to stress. We shall be dealing with that distressing stress here and not the positive type of stress such as of an athlete trying to win a race, an artist trying to meet a deadline in public exposition of his art or a pregnant woman anticipating the happy event of birth of her first baby. These are examples of EUSTRESS; 'EU' means good.

STRESS IS INCREASING...

Is there more stress these days than in, say, our grand fathers' times? Some say 'no' but grandfathers themselves say 'yes' Even fathers feel there is increase in stress now for all of us in general and for the urbanites in particular. Spiralling high cost of living, erosion of value of money as well as value of life, corruption red-tape, indiscipline and lack of civic sense all contribute to stress. Take the example of Bombay, where the congestion in trains and buses and long distances to be commuted to make a living result in fatigue which is an important cause of stress. Women have their own problems at home as well as the place of work. Water scarcity, non-availability of cooking gas, servants' problems, the homework of children, all take the toll of housewives energy. Children, poor darlings, have an increasing stress put upon them, especially in schools where where they are compelled to learn a number of subjects, often too tough for them to grasp, in the time available to them, with little time to play and recreation. So, stress is with us all, most of the time and it is likely to increase all the time.

OUR IMMUNITY TO STRESS IS DECREASING

Simultaneous with our increase in stress, there is a decrease in our ability to handle stress. Our physical vitality as well as mental and emotional strength are going down. Our modern life style contributes to this decline. Few know that we can withstand stress better, with more tranquility and poise if we have the right eating habits. Nervous tension affects us less if we take enough of vitamin B factors regularly in our diet. However, with all the sugar and refined starch that we normally consume, vitamin B factors are lacking in our food.

Deficiencies of the minerals calcium, magnesium, potassium and and phosphorus, which are other essential nerve nutrients, are also common. Sedentary habits also affect the nerves as we shall see later. Then there are drugs which deplete nerve strength. Some drugs create tensions. Some may give rise even to suicidal tendencies. These facts are recorded in books on side effects of Drugs such as by Dr. L. Meyler. These books tell a hard to believe story of the baneful aspect of allopathic drugs. For example, it is not common knowledge that the innocent looking aspirin can affect the psyche. A person may behave like a drunk, his mind may become confused, he may suffer from hallucinations; all because he is habituated to taking aspirin for his minor ills such as headaches or colds.

Then there is the factor of pampered early life. An early life that has been too soft, in which there have been no disappointments and difficulties, builds up no immunity to expect too much of life. Too high an ambition without the needed base for the same may result in failure in realising that ambition can lead to frustration which also can be stressful. I know of a couple who committed suicide, leaving a note behind in which they mentioned that they were tired of 'difficulties in day-to-day living such as having to stand in lines for long to get food rations and commuting by the local train.' It was also mentioned that they 'could not lead a comfortable life, like living in an air conditioned flat or owning a car.' This is a clear case of attaching importance to false values of life. No one needs to kill oneself for want of luxuries of life in a country where even the necessities are not easily obtained.

PSYCHOSOMATIC AILMENTS

Psycho-emotional tensions can cause a number of organic diseases and these are on an increase all over the world. Here is one investigator's findings regarding the percentage of times physicians find physical complaints to be emotionally induced in whole or in part:

Pain in back of neck	75%
Ulcer-like stomachache	50%
Gall-stone-like pain	50%
Dizziness	80%
Skin rash	30%
Flatulence	90%
Headaches	80%
Constipation	70%
Fatigue	90%

Though the result of a fifteen-years' study, these figures do not tell the complete story. For one thing, apart from psycho emotional factors, there are usually other factors to induce conditions such as constipation which is often due to lack of tone in the bowels and lack of roughage in the food. Nevertheless, it would be correct to surmise that in 50% of all our acute as well as chronic ailments, psycho emotional factors do play a minor or major role. The percentage is greater in chronic diseases than in acute episodes of sickness.

THE PIN PRICKS OF LIFE

Most of us tend to harbour minor irritations in our mind and keep ruminating over the same, thus diverting our energies into stressful channels. Then there are worriers. People worry for all sorts of reasons or for no reason at all. A University study has shown that 40% of the worriers worry over things that never happen or never could happen 30% over things in the past (the irrevocable past; why can't they 'let the dead past bury its dead'?) 12% over petty trifles and only 8% have really something worthwhile to worry over. The sobering conclusion is that more than 90% of our worries have no justification.

BALANCING OF LIFE

Over the ages, the sages have given unbalanced life as a root cause of stress. Medical men also talk in same or similar terms these days. Dr. E. J. Kepler of the Mayo Clinic, USA, suggests that we should adjust our personal life carefully so that it is equally influened by four things:

WORK — PLAY — LOVE — WORSHIP

They are not mentioned here in order of importance. And the choice of words 'equally influenced' is very suggestive. It does not mean that we spare equal time for work, play, love and worship but that our life be equally influenced by the four factors. Sometimes, in a stressful person, one of these four factors may be totally absent. For example, a person may have immense inherited wealth and no work or any inclination to work. He is sure to be a problem to himself and his near ones.

WORK

Work needs to be such as we like. We can not give of our best if we do not at least like our work. Preferably, we should enjoy our work but so often, people loathe their work or work environ. Work then becomes drudgery and fatigue is the first symptom noticed.

Studies conducted by the University of Chicago show that people who keep the busiest are the healthiest. Those who do not keep their hands and head synchronisingly occupied deteriorate physically or mentally. Their resistance to disease is lowered. They are more likely to be hypochondriacs. Some people say, 'It is better to wear out than rust out' and it better. But there is no need to be either too active or too passive. A healthy mean can be struck.

Late Prime Minister Shastri said that after assuming the august office, he was finding less time for prayers but usually he consoled himself with the fact that he worked with devotion which made his work his worship. Dr. Albert Schweitzer was another great Karma Yogi. We have to learn the real meaning of work from such persons' lives who did creative work and who worked for others. The more we live for others and the more creative (not only productive or recreative) work we do, more the happiness that accrues to us. We should not work merely to eke out a living or to raise a family and maintain it nor to amass wealth. We must work for others' weal and welfare also not only our own.

PLAY

There is a saying that *'All work and no play makes Jack a dull boy'* but all play and no work is even more harmful. G. B. Shaw said, 'Perpetual holiday is a good working definition of hell.' Basically, play is what entertains and relaxes. Play can be an engrossing hobby, say, music, painting, watching a movie etc. but participating in a game, swimming, or exercising can be playful too. Obese persons need to take to hobbies which involve their bodies; sedentary pursuits are no good for them. Leisure time is precious; it should be carefully utilised so that it gives a work out to the body, gently or vigorously as necessary but relaxes the body ultimately and the mind too.

LOVE

First we must love ourselves. This is not a plea for being egoist or narcissist. It is against hatred of self, hatred which is expressed at, times in statements such as: 'I hate myself for saying this'. That hatred of self, if frequent or continual, is bad. Concurrently, we have to love life. This love is not due to fear of death. In fact, one who loves life *ipso facto* loves himself. The Bible says, 'Love thy neighbour as thyself.' Here also loving oneself is put as a prerequisite to loving others. As for the word 'neighbour', it does not mean the resident next-door. A neighbouring country is also a neighbour.

Love does not mean merely romantic love; love means an all-prevading universal attitude wherein all creatures are included and in which there is 'Reverence for Life' that Dr. Schweitzer taught us to have. This love can not go along with negativity such as jealousy, hatred, anger, lust and greed. Nonposivitive ideas and emotions sap one's vitality more than any abuse of one's body. Even where we can not love every body and dislike a few, the dislike should not rise to the pitch of resentment or hatred. We must increase our capacity to give more love for, as a poet has said, 'Ceasing to give, we cease to have such is the law of Love.' When we are in the mood to go all out to do something to alleviate others' sufferings, we are in love with the world and in tune with life.

WORSHIP

Worship is defined by Dr. Kepler as devotion to something greater than oneself. Nobody in the world is truly atheist. Looking at the star and the moon, the sea and the tree, a sense of wonderment grips us. Worship has to be of such natural and enduring phenomena as take us away from our pettiness. An abiding faith in God or Spiritual Power or a Divine Source is absolutely necessary for freedom from overwhelming stress.

DR. HANS SELYE

Dr. Hans Selye is the scientist who has done the most research on stress in human beings. He believes that a degree of stress is necessary in life. A sitar can not be played unless the strings are stretched tightly. Below that degree of tightness, the instrument produces no music and much above that degree the strings break. Same, according to Dr. Selye, is the case with us human beings. Some stress adds zest to life but too much of it can break us down. Some stress helps us to be aware, alert and give of our best. The public speaking training institute of Bombay which used to advertise the 'Nervous tension aids eloquence' told a truth.

Here are Dr. Selye's rules to prevent harmful stress:

*1. *SEEK VARIETY, AVOID MONOTONY, AVOID RUT*. Variety may or may not be the spice of life but it definitely helps prevent tensions if properly pursued.

2. DO NOT KEEP EMOTIONS BOTTLED UP. Dr. George Stevenson of the National Association for Mental Health, USA, believes in physical exercise for getting rid of steam. In a University of California experiment it was found that students who exercised regularly, recovered from or adjusted to imposed stress more quickly. The report summarised, *"Regular physical exercise not only increases stamina appreciably but serves another equally valuable purpose. It provides an effective means for release of emotional tensions."* .

What this boils down to is that there is no need to boil within oneself. Sometimes we may have to cut the Gordion knot instead of fumbling to untie it. Sometimes we may have to hit out and get out and there may be times when we may have to say 'get out' to a close associate. As Prof. Rooshikumar Pandya says, "Assertiveness does us good." One may be a pacifist and a meek person but that should not prevent one from speaking out. Of course all speaking has to be at the right time, in right manner, to the right person. There are ways and ways of showing resentment. There is a quiet and dignified way as that of an elephant. Here is the story of that elephant.

There lived a lion in a jungle. Once he overheard some men discussing him and giving him the sobriquet: 'King of the Jungle'. It went to his head and he started walking with his chest puffed up. Soon he met an antelope and gave a loud roar which scared the wits out of that timid creature. The lion asked him, 'Tell me, ye antelope, who is the king of all beasts?' Trembling the antelope managed to answer, 'None but you, my lord!'. The lion walked on with head high and mane raised. He met several small animals to whom he put the same question and all, valuing their dear lives, acknowledged the lion to be their king. Then the lion met an elephant. Though the elephant looked mightier, our lion dared to broach the same question. The elephant sniggered and kept walking without saying anything. This riled the lion and he put the question again to the pachyderm. Without saying a word and before the lion realised it, the elephant calmly picked up the lion in his trunk, whirled him a few times over his head and then tossed him away. The bruised leo managed to get up and limp back to the elephant and in a whimpering tone said, 'Just because you did not know the answer you should not have lost your temper'. Some cheek that lion had. The moral of the story is that we may have to deal with certain people or situations in a firm yet dignified or quiet yet drastic way.

What Selye means by 'not keeping emotions bottled up' is that occasionally it is good to let the steam out in some way without directing the jet of the steam so powerfully that it scorches the other. Till we achieve that stage of mental composure where nothing 'touches' us (how touchy we generally are!) this is one way of dealing with our irritations. However, for Heaven's sake, we should not let loose hell.

*3. *REDUCE PROBLEMS TO SIZE.* As the saying goes, 'Do not make a mountain of a mole-hill' or as I put it, 'Do not make a melon of a lemon'. Do not allow minor frustrations such as a parking problem, your husband forgetting your birthday or remembering it but not finding time to buy you a gift, affect your composure. Devastating storms of life are few in most people's lives. Most storms are the type we know as storms in tea cups.

*4. *PREPARE FOR THE UNEXPECTED.* Here again, unless we have an abiding faith in God (which 99.99% of us do not have) we do have to think of all eventualities. 'Supposing I lost heavily in business tomorrow?' 'In case I die tomorrow in an accident what provision have I made for my family?'; Such thinking need not be in the nature of a worry but only in the nature of a consciousness of crisis.

*5. *TALK THINGS OVER.* Matters can be discussed with any confidant, be it the spouse, a bosom friend or the family physician. Communication is important, but this should never be with too many people; one or two suffice. Seek out people with poise and maturity. If they guide you well and good. If they choose to be silent, that too is alright. Your talking helps you. Your heeding others' advice may or may not be helpful. Try to listen to the eloquent silence of taciturn persons.

6. DO NOT PROCRASTINATE. Procrastination is the thief of time and accumulator of stress. Do each job in a specified time.

7. GET EXPERIENCE WHERE NEEDED AND FROM ALL SOURCES AVAILABLE. This will increase efficiency and reduce stress.

8. LET YOUR EVENINGS BE QUIET. With many people, evenings are hectic and then the tensions are carried to bed and over into sleep. The result is one sleeps lightly or interruptedly and gets up unrefreshed. Dr. Selye says, 'A successful activity which has come to a definite stop prepares you for rest and sleep but one which sets up self-maintaining tensions keeps you awake. . . Stress produces hormones which key you up. Activities that make for stress should be avoided in the evenings. For better rest reduce work in evenings and relax after sunset.'

9. SEEK SOLITUDE. Solitude is the time when you are without company except for the company of your thoughts. This hour of quiet may be spent in prayer, meditation or a walk in a park or in listening to music or watching the sun set. Like the deep waters of an ocean which at two or three miles' depth are not disturbed at all ever, regardless of the storms raging on the surface, all of us have a place within us which is unruffled and quiet all the time. We have to practice entering this room within ourselves every day.

10. LEARN HOW TO RELAX. Relaxation is Nature's own tranquilizer. Do not use tranquilizing drugs, alcohol or smoke for relaxation. Physical and mental relaxation techniques are many. Choose what works with you. Books and tapes are easily available. (The author of this article also has brought out an audio cassette on 'Relaxation and Shavasana'). But the best results are achieved by learning personally with a master who is himself exuding relaxation.

11. GET INTO RIGHT RELATIONSHIP WITH OTHERS. Let alone condemning anyone we should not even judge anyone. We have to learn to put ourselves in other person's shoes and think how we would act in that person's situation. It is best to seek to see only good all around, and turn a deaf ear and a blind eye to bad.

'There is so much bad in the best of us,
And so much good in the worst of us,
That it does not behoove any of us,
To speak about the rest of us.'

(*Only the wordings in italic types are of Dr. Kepler and Dr. Selye. Interpretations of these two scientists' words are by the author of this paper, which was specially prepared by *Dr. M. M. Bhamgara of the Nature Cure Clinic, 16 Bharat Mahal, 86 Marine Drive, Bombay 400 002 (Phone : 290476)* for the program on Stress Management, held under the aegis of The Vegetarian Society, Bombay, on 2, 3, & 4th February 1985.)

Bharatiya
Satsang

March 1986 NEW ERA 43 Vol VI, No. 10

Austria: Cemetery for Trees

Edgar Wagner
Graz, Austria

"Visit Austria, famous cemetery of heroes!" You may think this is good advertising for tourism. But who are these heroes? They died a silent death without complaining about what men had done to them. They gave us oxygen; we gave them acid rain in exchange. Now you know that I am speaking about our brothers, the trees. A few years ago nobody thought about this vision of horror that is unfolding, but now the death rate is increasing geometrically. If you talk to scientists and ask them when we are going to bury our last green brother tree they will tell you that in five years we all will witness this funeral of the last green hero.

Enjoy your holidays but when passing through Austria on the way to Italy you might be shocked. On the left side of the main road near Griffen you catch sight of some macabre scenery. There trees are standing aside the road with their barks painted white and red with black crosses on them. There are also large signs telling you:

"The Forest Cries For Your Help"

"First The Woods, Then You"

"Sulphur Also Eats Up Your Lungs"

"Sick Trees, Sick Children"

When will the last sign be replaced by one that reads *"Dead Trees, Dead Children?"*

Are these signs the work of a fool? No. They were done by a forest affairs expert who owns a lot of forest land himself, and who likes – or better to say *liked* – to spend most of his time in the woods. When he first mentioned in 1982 that the situation would become crucial, everyone laughed at him and thought he might be mentally disturbed. So he then started distributing flyers and painting a huge sign near the forest that faced the main road. In case you are thinking he might not have good soil, let me tell you his trees are growing in an area where on the average there are the most sunny days compared with other places in Austria. He says, "If half of my woods has already gone to hell, well then everybody shall see it." He thus refuses to cut out the dead trees.

He is one of the few big landlords mentioned in an Austrian magazine entitled *The Green Counts.* These so-called green Austrian counts are the forefathers of a new, steadily increasing protest movement. They want to protect their woods but also think of their economic situation worsening due to the

dying trees. *Polluted atmosphere makes no differentation between the classes, be they workers or counts!*

During his recent trip to Austria, Vasant, Sun, Karin and I contacted one of these counts and went to visit him on July 15. The count and his wife live in a beautiful mansion near an industrial area in Austria. You can hardly bear the smoke of the industries located there. There is a big chemical factory there and the well-known Austrian steel mill Vöest is nearby. Since 1956 the count gets paid for the damage these factories do to his forests, but he would prefer a healthy tree to this money. He was very interested in the information Vasant gave him about methods of copper pyramid healing fires to reverse the browning of trees. Up to that time he did not believe there was any remedy for his trees. Just stopping all industrial output is not enough. You cannot cure a patient without giving a remedy. *The only remedy is Homa now and the basic Homa is Agnihotra.* Try whatsoever method you think might help. If nothing works anymore, start doing Homas and you will get unexpected results. You have to treat the atmosphere because atmospheric pollution led us to the point we are at. As it is given in ancient Vedic knowledge, only Homa fires can help us avoid the destruction that is yet to come because through purification of the atmosphere, healing automatically takes place be it for men, animals or plants. There is no other choice left. If your house is on fire, you do not ask who should bring the next water bucket. You immediately try to do what is necessary. Homas are the need of the hour.

After the talk the count immediately wanted to make copies of the *Satsangs* about Polish people using Agnihotra ash for remedies, about the Homa healing center in Chile, and Agnihotra University Farming Bulletins. Then he wanted us to see his "tree hospital" which is now closer to a "tree graveyard." With his jeep he took us around his property and explained different signs of damage to us.

In 1956 he started planting new trees in good earth. All the needle trees are dead now and the beech trees planted at the same time are in very bad condition. Normally they would be three times taller than they are but they stopped growing and their branches bend to the ground. Many trees in this area bent their tops as if to avoid the industrial smoke.

You may say "Look how nice and green the woods are!' That is only because all dead trees are immediately cut to avoid spreading of insects to other trees. Normally, the count said, it is barely possible for any light to penetrate through tightly planted needle trees but see how circumstances are now! The crowns of the damaged trees allow more light to come through now because of the loss of needles. The biomass is decreasing and the increasing undergrowth takes away the remaining nutritious substances from the soil.

He also showed us three-year-old fir and maple trees which have a weak appearance and do not grow well. Soon the time will come when even the young trees will not be able to grow as has already happened in Czechoslovokia. That will be the end for man too. If trees do not grow, food will not grow. Vasant told the count that trees will begin to split down the middle and when scientists examine this, they will find a large amount of carbon just at the spot where the trees split. Great amounts of sulphur and hydrocarbons will be found in the veins of the trees. They will conclude that these substances entered the trees both through their roots as well as respiratory systems.

Vasant proposed an antidote: 1) daily sunrise/sunset Agnihotra, 2) daily 4 hour Om Tryambakam Homa and 3) 24 hour Om Tryambakam Homa on Full Moon and No Moon days. These Homas can be done in a small hut in the middle of the forest, amidst a tree nursery. These young trees can easily show the positive effects of Homa fires and people who come will be healed simultaneously. It is like getting two birds with one stone!

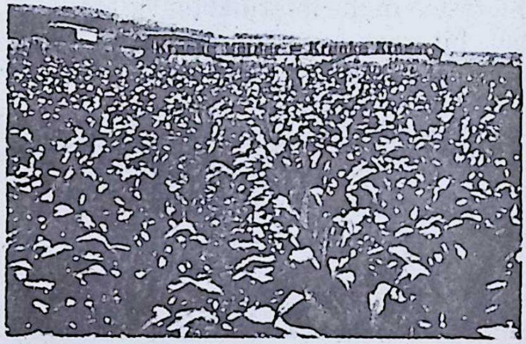
As all of his workers were on vacation, the count proposed a further meeting in September to start a project in his forests.

Can you imagine now how bad the situation already is? The forest affairs expert mentioned earlier who painted the signs said, "What I see with my own eyes is worth more than all statistics compiled by scientists. Environmental care means last but not least taking care of one's homeland. But if both agriculture and tourism are ruined where is a homeland?" he asks himself.

The old proverb says, "The home is my castle." These counts feel like their homes are their woods and if there are no more woods, the results ultimately will be their homes become their graveyards. But just informing people is not enough. As we have been told, Swiss TV did a report on these dying trees. There is only one thing that troubles me: if all mankind dies, who will do the report on the last man?

Therefore do not wait and complain about how bad the situation already is. Despite all, take to the ancient science of wholistic healing as given in Vedas and presented as a gift to man. Otherwise we can be compared with the barefooted person who wanted to conquer the hot sand of the desert but could think of no other solution than covering the whole desert with leather. Instead of waiting for this impossible thing to happen, another man uses a pair of shoes made out of a small piece of leather!

So let us not argue but take an Agnihotra copper pyramid. Let us walk together towards a better future and heal the atmosphere by means of Agnihotra fire tuned to the biorhythm of sunrise sunset. *There is no other choice left.*



This sign reads "Sick Trees, Sick Children"

US Satsang, Vol. XIII, No. 18, Feb. 6 1986

Agricultural Psychotronics Training Seminar

Jerry Hodges
Baltimore, MD

Two days prior to the start of the Acres U.S.A. Conference of November 20, 1985, Advanced Sciences Research & Development Corporation sponsored a two day training seminar for agricultural users of "Genuine Hieronymus" instruments at the Executive Inn near Kansas City, Missouri. Mark Moeller and Sandy Asbill, instructors of the seminar and Agnihotra experimenters, asked Jerry Hodges to give an introduction and perform Agnihotra during the two days to assist operators in "getting a stick." (Note: Peculiar to successful operation of psychotronic analyzer type instruments is the necessity for the operator to experience a stick with the fingers, while rubbing a tactile plate, at the point where the frequency of vibration is properly aligned on the instrument.) Following are excerpts from Jerry's talks:

"At the Advanced Sciences R & D's laboratory a couple of years ago for the first time I began to slowly turn the intensity dial while stroking the stick plate to get a general vitality reading. Turning and rubbing, the dial would advance no further – no stick! What happened? Dr. Sarah Hieronymus gently suggested that I should "blank the mind" of thought.

"Being a practitioner of meditation, this suggestion meant to me that a relaxed condition must be induced in order to operate the analyzer. Again I tried while concentrating the mind in a certain way and got a stick. Having worked with EEG biofeedback equipment before, and thereby being able to recognize the various brain wave frequencies emitted at different levels of relaxation, I noted that the stick came around the intersection of alpha waves.

"As you may know, researchers in monitoring brain wave patterns, note that typically in the mode we refer to as wakefulness, the brain emits beta waves and in the first stage of sleep or dream state alpha frequency is generated. Research has also proven that through certain meditative techniques a condition of relaxation can be induced whereby the brain emits alpha without the loss of wakefulness.

"Now everyone has had difficulty at various times in their life while quietening the mind or thoughts so that the transition from wakefulness to sleep could be made easily. At these times the mind may be compared to a monkey incessantly jumping from one branch of a tree to another i.e. from thought to thought. There are several reasons for this condition.

"We are working with very subtle energies much more powerful than material manifestion and mind is intimately connected. I am here to present you with a material tool to assist in bringing about a condition within you to allow for successful operation of "Genuine Hieronymus" instruments.

"This tool is called *Agnihotra,* a form of Yajnya which has its origin as a science presented in the ancient most knowledge known to man called *Vedas. Yajnya* is the technical term for purifying the atmosphere through the agency of fire to heal the mind.

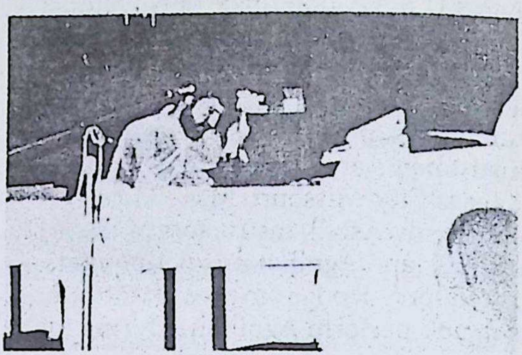
"There is a very definite connection between 'life' energy and mind. If you affect one, you affect the other. Hence, the modus operandi of Agnihotra is to induce changes in the atmosphere to bring about a change in the 'life' energy. This effect is automatically transferred to the realm of the mind the result being more peacefulness.

"For many of you, this relaxed condition will give you immediate alpha brain waves – perhaps within three minutes following the performance of Agnihotra. Others may have to practice a little longer and perhaps make some adjustments in certain life patterns. However, within a short time, everyone should be able to operate the instruments with right perseverance.

"Now some specific instructions: After the mantras are uttered we will sit in silence for fifteen minutes. If you have meditated before and have a specific mind centering practice, then use that if you are comfortable with it. For those who do not have a technique for centering or concentrating thought, you may wish to concentrate by focusing on the flame from the copper pyramid used in the process of Agnihotra.

"You may have had the experience of burning a single candle in darkness and you may have observed a halo glow around the flame. By changing your focus slightly by a slight squinting of the eyes you may see beams of light extending from the fire to your eyes. Just prior to exhaustion of the fire, close your eyes and visualize the flame or light beams. Should other thoughts enter the mind, merely let them pass while refocusing on the visualization. You need not worry about the time as I have set my watch alarm to alert us on completion of the allotted time."

It should be noted that all participants shared their experience of the fifteen minute period of silence and all reported a changed condition related to deep relaxation. Many reported that their "stick" was better.



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Letters to Satsang

We often recall the happy moments we spent with Charles Davis during his short stay in Ghana. The seeds he watered after their propagation by Ross Ford are steadily growing into maturity.

In spite of problems created by the dire scarcity of pure ghee or unsalted butter with which to prepare ghee, we have been able to survive the test by depending upon a good friend in Saudi Arabia who occasionally mailed small supplies to keep the Agnihotra family going.

Noni Ford then sent us two consignments of ghee. We have exhausted the first and are on the second. Our performance of Homas is now more regular than before and the effects too wonderful. Now we can rejoice as we have struck it rich! We have a 'mine' of ghee now. A member of the family brought a heavy package of pure ghee from Britain a month ago and we count ourselves the luckiest souls on earth. The lot may last some six months or more.

A big garage is now serving as Fire Temple/Healing Center. The happy news is that the family is thriving day by day.

E. Tagoe
Accra, Ghana, Africa

I have been out of prison for one week and am staying in Henndorf. It is nice to be free and have the opportunity to move in all four directions, but this is the problem. It is my wish to get in tune with the Satya Dharma of Fivefold Path again but I need a harmonious place to strengthen myself. I am receiving monthly social aid so I am able to take care of my expenses but I am requesting you for guidance. There is a vanity within me that makes me worried about my future and you are the only one who knows what is good for me.

U.W. Henndorf, Austria

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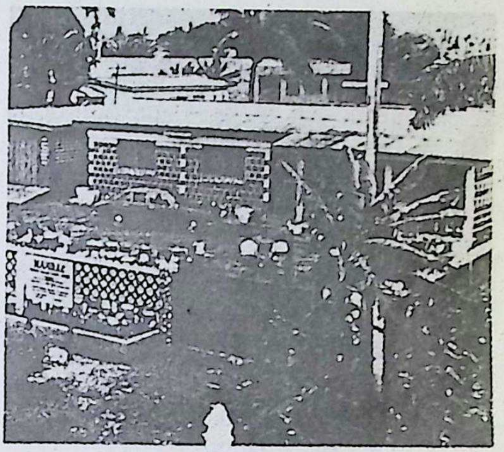
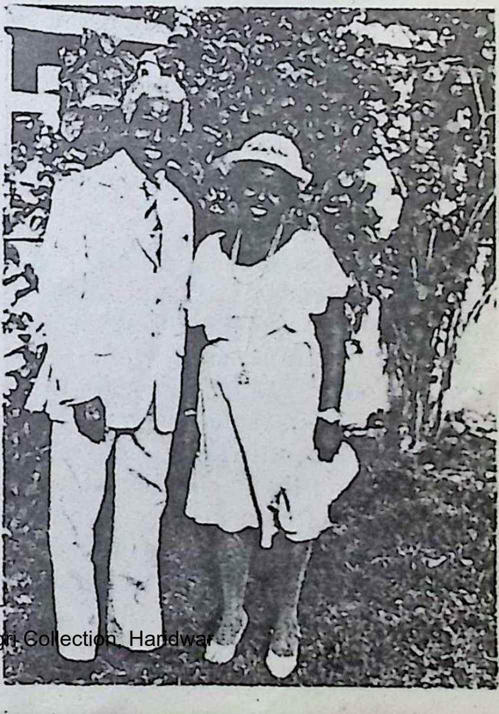




BHARATIYA SATSANG NEWS
TAMILNADU

Reiner Szcypior
West Germany

Agnihotra Homa Therapy is the finest remedy to give up our ego. It is a total service. No business. Free of cost.

Since 1979, I've been visiting many countries to share the wonderful Agnihotra Pyramid Healing fire with people of different Faiths, religions, ethnic groups, languages etc. Agnihotra is a material aid to bring about harmony in our day to day life. It is not necessary that we have to change anything in our life. If we just add Agnihotra as part of our daily life we will certainly experience quickly how our mind is pushed towards the direction of happiness and love.

Coimbatore is a beautiful town surrounded by hills and forests. It is situated in the south-west corner of India. It is associated with ancient Indian cultural traditions. Whenever I get opportunity to visit India I make it a point to visit Coimbatore. People of this town are very friendly and humble.

I reached Coimbatore at 12-20 p.m. on the 28th December 1985 and spent almost a week over there. I was received here by Dr. V. Arjunan, S. D. Ramachandran and his sarvodaya women worker's staff. In the afternoon I performed Vyahruti Homa at 3 p.m. and gave a talk on the importance of yajnya as the only solution to the present day crises the whole world is facing on account of pollution. In the evening a special class was conducted for the hospital patients where Agnihotra was demonstrated and the mantras were taught to them. In my talk to the patients I said, "The basic concept of Agnihotra is to bring about a beneficial change into the atmosphere, thereby reducing tension on the mind which in turn brings happy state of mind. When Agnihotra is performed the energy that is released from the copper pyramid goes instantly to the solar range where there is a store house of nutrients. These nutrients are thrusts towards the centre of the pot creating an aura energy field. Plants, vegetation and human beings in the vicinity get benefit of these nutrients. We should grow vegetables, fruits and other food grains only with the help of Homa Farming method and should totally abandon the use of chemical fertilizers and pesticides which are harmful to our very existence."

On 29th December Rising at 4 a.m. Homa and Meditation. Agnihotra was performed together with Dr. Arjunan and his patients. Mantra class to enable the patients perform Agnihotra by themselves. Thereafter visit to Perrur and later to the Sarvodaya Mandal office at Coimbatore where Sarvodaya women workers conducted one hour yajnya.

In the afternoon visit to Kavindapadi, a town near Bhavani, north of Coimbatore. Here Agnihotra was demonstrated to a gathering of about 50 people of Gandhian Movement. In the night a talk was given in Thukkanaikanpalayam. In this town Mr. Sakkarai is performing Agnihotra since 1980

On 30th Dec. Agnihotra at Mr. Sakarai's place. Then visit to Kongapalayam where two leading farmers were introduced to Homa Farming methodology

At 3 p.m. Homa performance again at Telungupalayam Hospital. At 4 p.m. visit to one printing press and Agnihotra demonstration to about 20 people.

On the 31st Agnihotra and Mantra class were held in the Hospital. Later two hours "Om Tryambakam" yajnya at Pooluvapatty. Near this place there was a college N.C.C. camp where I gave a talk on the importance of Agnihotra. In the evening Agnihotra was performed at Pooluvapatty and later visited Ramkrishna Ashram nearby.

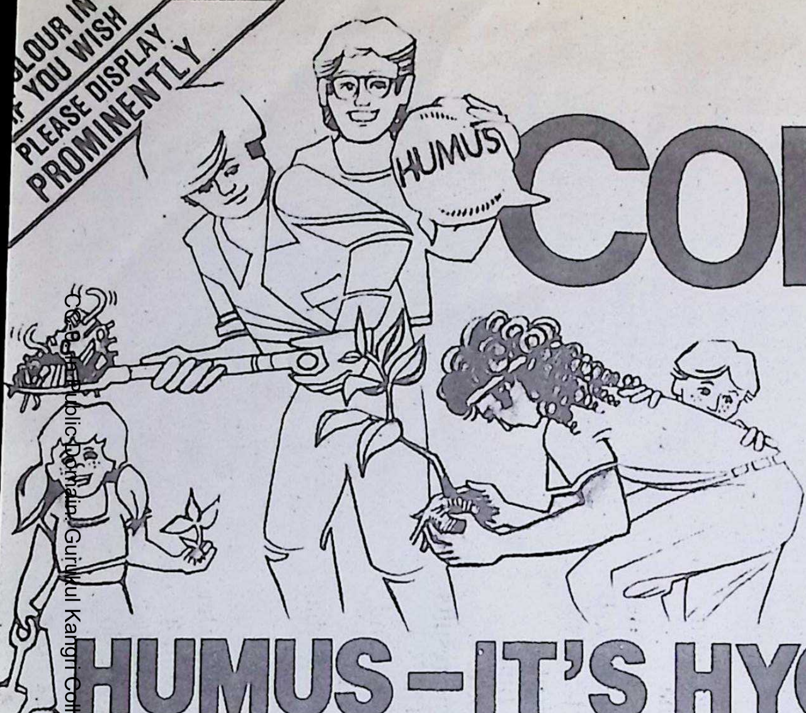
On the 1st January many new people approached me to get copper pyramids and cow's ghee : Sarvodaya Mandal of Coimbatore provided all the materials including sunrise/sunset timetables. Evening Agnihotra was held in Dr. Arjunan's city hospital where journalists belonging to seven Indian magazines were present.

On the 2nd January I was introduced to Vidwan Sri Lakshmi Narasimha Acharya swamigal. He asked me to recite Agnihotra mantras in front of his deity. I recited Sapta Shloki also. Later I explained to him and those present on this occasion the importance of time factor at Sunrise/Sunset Agnihotra. I explained that loss of correct time results in the loss of Agnihotra effect. The swamigal put a silk scarf around me and he and his brother together recited sanskrit mantras. I felt that he liked what I was telling.

On the 3rd January Agnihotra and 'Om Tryambakam' Homa was performed in a family in Coimbatore city. Later I visited a Nature Cure Hospital. Here people do only morning Agnihotra. I explained to them that in order to maintain 24 hour healing cycle one must perform Agnihotra both at sunrise as well as sunset. I also made suggestions to build a room of silence where only morning/evening Agnihotra will be performed and nothing else. This room should be built of bricks, mud, and cocoanut leaves. It should be opened 24 hours for the public at large

On the 4th January, I left Coimbatore for Shivapuri, Akalkot. Agnihotra spreads by itself. Happiness lies only when you realize that you are only His instrument Aum.

OLOUR IN
F YOU WISH
PLEASE DISPLAY
PROMINENTLY

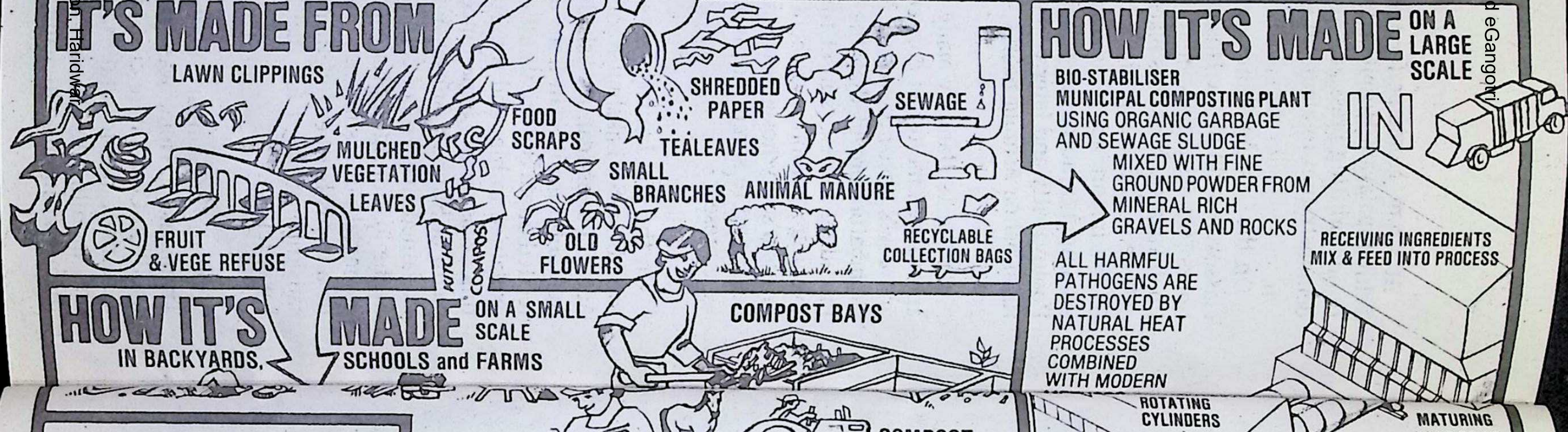


HOW TO COMPOST

AND TURN WASTED PRODUCTS INTO HYGIENIC HUMUS AS A GIFT FOR MOTHER NATURE

HUMUS IS PRODUCED BY COMPOSTING DECAYING ORGANIC MATTER. IT'S THE MOST EFFICIENT AND PRACTICAL WAY TO REPAIR THE EARTH BY RESTORING DEGRADED SOILS. TO AID THE HEALTHY GROWTH OF ALL VEGETATION.

HUMUS-IT'S HYGIENIC-IT'S SIMPLE



IT'S MADE FROM

LAWN CLIPPINGS
MULCHED VEGETATION
LEAVES
FRUIT & VEGE REFUSE
FOOD SCRAPS
OLD FLOWERS
SMALL BRANCHES
SHREDDED PAPER
TEALEAVES
ANIMAL MANURE
SEWAGE
RECYCLABLE COLLECTION BAGS

HOW IT'S MADE ON A SMALL SCALE IN BACKYARDS, SCHOOLS and FARMS

COMPOST BAYS

COMPOST

HOW IT'S MADE ON A LARGE SCALE IN

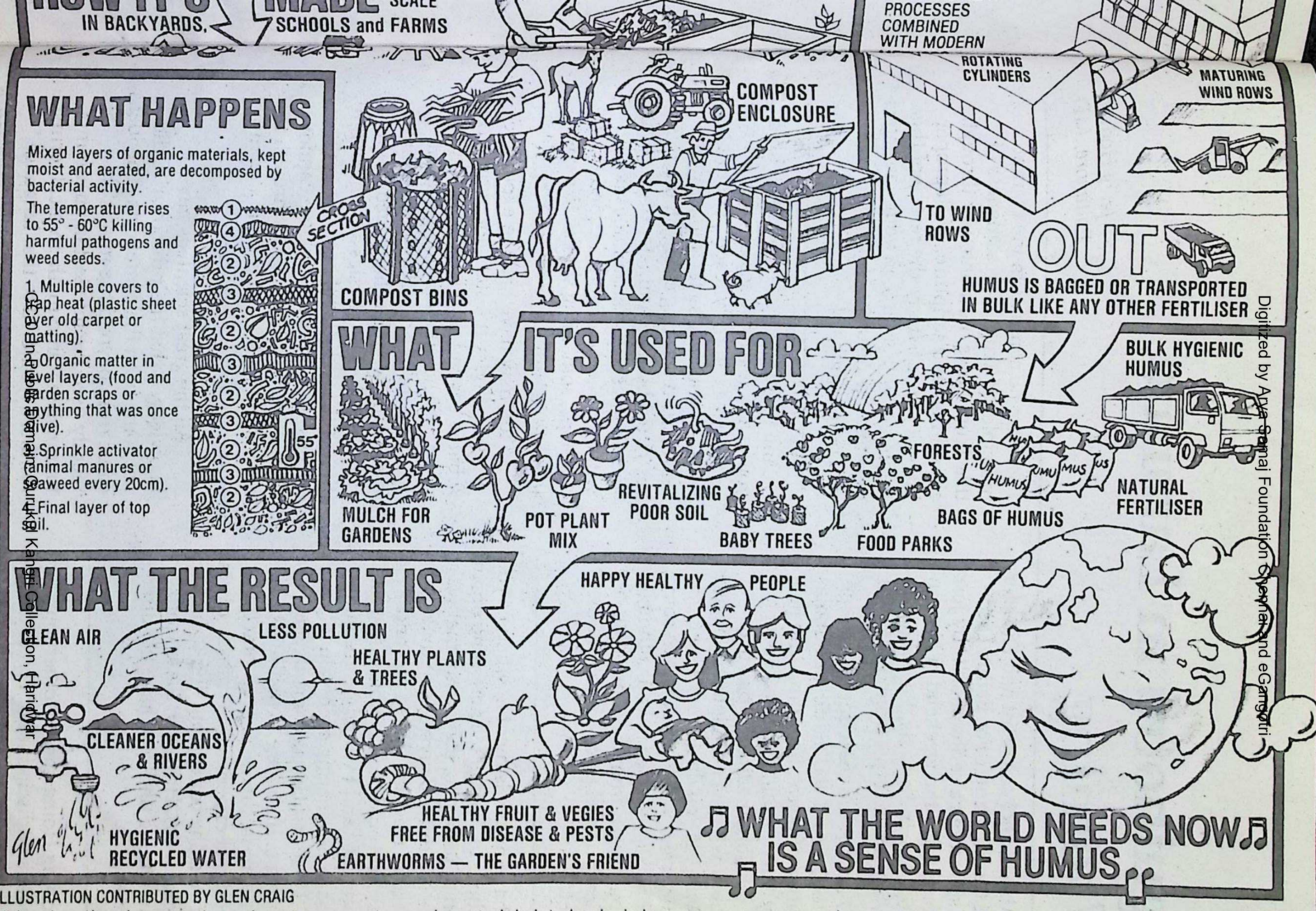
BIO-STABILISER
MUNICIPAL COMPOSTING PLANT
USING ORGANIC GARBAGE
AND SEWAGE SLUDGE
MIXED WITH FINE
GROUND POWDER FROM
MINERAL RICH
GRAVELS AND ROCKS

ALL HARMFUL
PATHOGENS ARE
DESTROYED BY
NATURAL HEAT
PROCESSES
COMBINED
WITH MODERN

RECEIVING INGREDIENTS
MIX & FEED INTO PROCESS

ROTATING
CYLINDERS

MATURING


IN BACKYARDS,
SCALE
SCHOOLS and FARMS
PROCESSES
COMBINED
WITH MODERN
ROTATING
CYLINDERS
MATURING
WIND ROWS
COMPOST
ENCLOSURE
CROSS
SECTION
1
4
2
3
2
3
2
3
2
3
2
55°
COMPOST BINS
TO WIND
ROWS
OUT
HUMUS IS BAGGED OR TRANSPORTED
IN BULK LIKE ANY OTHER FERTILISER
WHAT
IT'S USED FOR
BULK HYGIENIC
HUMUS
HUMUS
MUS
MULCH FOR
GARDENS
POT PLANT
MIX
REVITALIZING
POOR SOIL
BABY TREES
FOREST
FOOD PARKS
BAGS OF HUMUS
NATURAL
FERTILISER
WHAT THE RESULT IS
HAPPY HEALTHY
PEOPLE
CLEAN AIR
LESS POLLUTION
HEALTHY PLANTS
& TREES
CLEANER OCEANS
& RIVERS
HYGIENIC
RECYCLED WATER
HEALTHY FRUIT & VEGIES
FREE FROM DISEASE & PESTS
EARTHWORMS — THE GARDEN'S FRIEND
Glen
♫ WHAT THE WORLD NEEDS NOW ♫
IS A SENSE OF HUMUS

WHAT HAPPENS

Mixed layers of organic materials, kept moist and aerated, are decomposed by bacterial activity.

The temperature rises to 55° - 60°C killing harmful pathogens and weed seeds.

1. Multiple covers to trap heat (plastic sheet over old carpet or matting).
2. Organic matter in level layers, (food and garden scraps or anything that was once alive).
3. Sprinkle activator (animal manures or seaweed every 20cm).
4. Final layer of top soil.

ILLUSTRATION CONTRIBUTED BY GLEN CRAIG

This educational poster shows how to compost organic materials into hygienic humus, a natural fertiliser, for use in revitalising soils and planting and growing healthy forests, food-producing trees and other crops and vegetation. Recycling, composting and greening projects will increase employment opportunities. Join the call for 1989 to be declared "INTERNATIONAL YEAR FOR REPAIRING THE EARTH" by writing in support of this proposal to the Prime Minister and the United Nations Secretary General stating your opinion.

Agnihotra in Laramie, Wyoming

Jerry Hodges
Baltimore, MD

Abigail Dick, an artist and Director of the Caring Center For Eating Disorders, sponsored a series of talks by Jerry Hodges during the weekend of November 16, 1985, in Laramie, Wyoming. The following are excerpts from those talks:

"I am here to share some very specific tools to aid you in bringing about a condition of peace, happiness and harmony for yourself. You need not change your religion, meditation practices, Gurus or whatever disciplines you are following. If you do not have specific practices and would like to learn some, I will be happy to teach you, although you may learn from the thousands of publications and teachers around the planet."

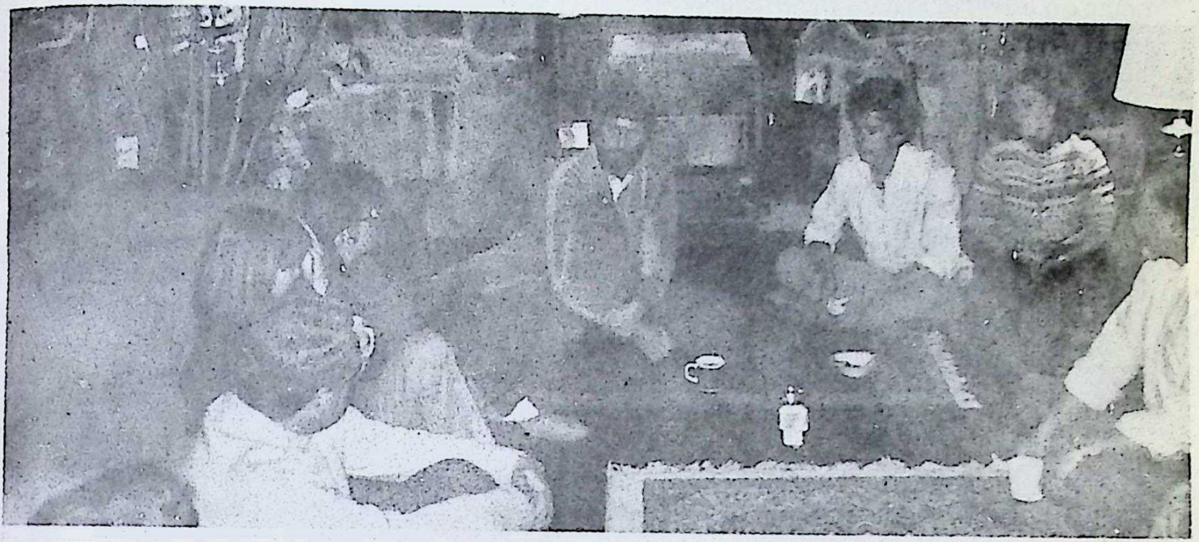
"I have no investment in whether you use these tools or not. There is no organization to belong to; it's just not that way. There is a duty to myself that must be fulfilled in teaching this to you and others. It would be a terrible disservice to humanity and I would be absolutely remiss in not sharing such valuable knowledge which has come through experience. If you are to realize its effectiveness, then you must practice it to get direct experience. I can say to you that fire is the connecting link to higher consciousness. However, these words mean nothing until you have the direct experience."

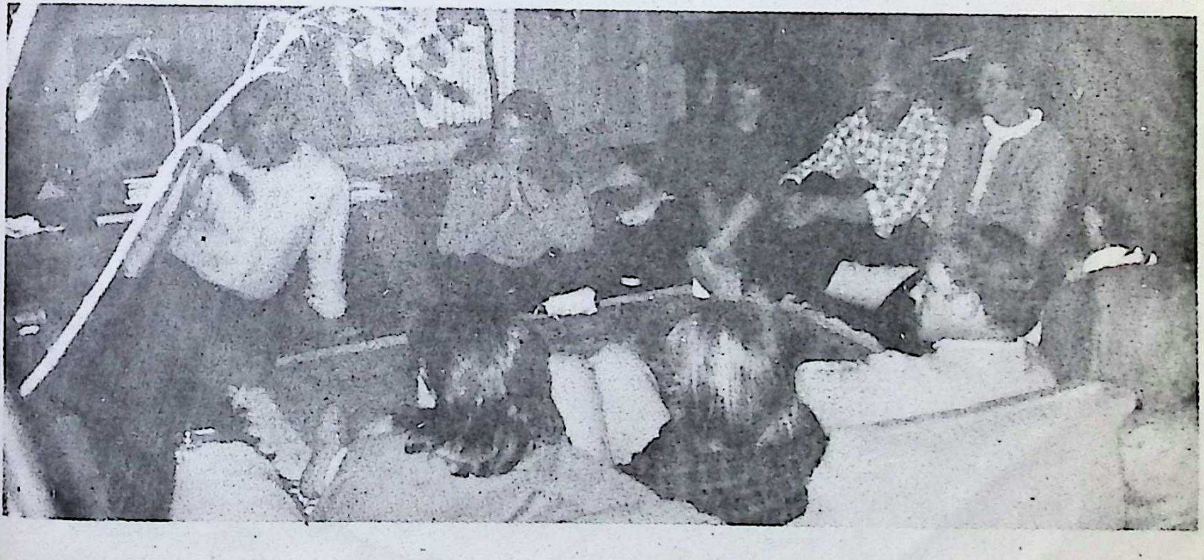
"Adding Homa and the other four pathways or disciplines of Fivefold Path merely strengthens your practices. There are no conflicts in the eternal principles of Truth. The sameness of this Truth flows harmoniously through all writings and scripture. With proper intensity of self-study, the reality of this statement will emerge in your consciousness and the oneness of the Universe will be experienced."

"You must become a scientist within yourself to learn the secrets. Only direct experience can truly teach you. Intellect can take you only so far, then you must leave this restricting energy field. It is restricted by the parameter of beginnings and endings. If a concept does not fit within it, then an overload condition develops, something similar to a computer program.

"You may have had the experience of sitting under the stars and wondering what is beyond, and beyond, and beyond. – Then the mind just cannot handle it anymore – Overload! That's essentially what has happened in the scientific field of physics and the evolution of the so-called theory of quantum mechanics. Simply stated, we cannot possibly know the answers through the mind. You must go beyond it, i.e. intuition, etc.

"All the great scientists have acknowledged that their discoveries did not come from their intellects. The ideas came from beyond the mind. They merely used the intellect in an attempt to translate it into mathematical terms for those restricted to that language."





"Practice of Fivefold Path will remove the barriers to higher consciousness. With proper intensity of practice, you will quickly find yourself experiencing metaphysical worlds which until this time in our history have been limited to few people."

"Your condition in life is analogous to being on a small boat on the ocean in the middle of a storm not realizing you have a rudder to steer out of it. In your specific case, your rudder is Agnihotra; only that can direct you to the calm."

Abigail Dick, right

US Satsang, Vol. XIII, No. 19 Feb. 20, 1986

Ask Not What God Can Do For You But What You Can Do For God

Barry Rathner, Ph.D.
Washington, D.C.

When the unsurpassed opportunity comes along in our lives when we meet certain "high" beings, many of us react differently. Many of us go for the pittance. Through illusion we get "satisfied" with the outer shell, the peel, if you will and do not take the additional steps towards the core, i.e., the true meat of the matter. If we meet a teacher, guru, master, etc. and we allow ourselves to fall into the habit of asking things for ourselves – directly, indirectly or subtly – no doubt if we deserve them, we will get the blessings. Often these are material in nature. We want better jobs, better clothes, better relationships with our spouses, more adventure, less work, etc. As with other desires, however, the fulfillment of one brings about more than one new one to take its place. So the cycle is endless. We constantly search out things to amuse our creature comfort impulse so carefully nurtured by our society. What makes matters worse, we think all this is "normal" or o.k. Well of course it is o.k. (what goes around, comes around) and by definition what the majority of people do is called normal. *But is there a better way?* Is there a way of perceiving our collective and individual existences on earth so that we get true satisfaction, true contentment, true peace?

The ideal may be to try to *serve* the teacher, guru, master you have met. Eventually by serving him/her we can learn that happiness and fulfillment come by serving. In this manner we unfold our true selves, realize our true strengths, become less attached to our desires and come closer to *God, the God within us.*

Once this spirit of service is inculcated perhaps only two additional requirements remain. First we must serve in the spirit of humility. This means we must try to take on the attitude that this is the reason for my existence, to serve. Thus our egos gradually learn the painful lesson (for egos) that we are nothing great even if we do serve, for *service is the reason we are still here!* Then the last step is to guard against attachment to the act of serving itself. We must be as happy when being served as when serving. We must be as aware as possible of where the other person is coming from. As important as I think my service is – and may very well be for all we know – the other guy is trying also.

Words being only worth the paper on which they are written *unless they are put into action,* where does *Agnihotra and Homa Therapy* fit into the present discussion? First of all, anyone with the slightest inclination towards trying to become a servant of the Lord rather than a mere beneficiary can easily realize that the benefits that accrue from regular performance of Agnihotra so far exceed the effort required to do it that true gratitude and humility can be realized with just small inclination in this direction. Within a surprisingly short while, one finds oneself truly surprising himself. What seemed like cycles of habitual behavior that did not have the slightest chance of being changed much less overcome, often fall away as if magically. Hundreds, perhaps thousands of persons addicted physically and/or psychologically to heroin, marijuana, alcohol, cocaine or name your poison have been able to kick the habit, often even without withdrawal symptoms. It has been said that *there is no placebo with Agnihotra.*

Another way of looking at this is that even if results of Agnihotra could be attributed to placebo, perceiver or expectancy effects (by which one gets healed or good results from a treatment because he *expects* to get them), this must be one hell of a placebo! Placebos just do not help thousands on every continent as Agnihotra has, rich and poor, educated or illiterate from every conceivable kind of background, for periods of time ranging up to 13 years since the introduction of Agnihotra on a wide scale in Baltimore, Maryland in 1973! Placebos help *some* of the people *some* of the time (studies show about 30 percent of people are susceptible to placebo effects). So we are talking about something more here.

What is this something more? Time truly is too short to really go into it at length. This is unfortunate but this is the way it is. Those of us with intellectual bent who choose to sit back and wait for "conclusive" scientific proof of how and why Agnihotra works before deciding to do it do so at their own risk. *The times we live in require maximum effort.* Perhaps the only shortcuts that can be tolerated are those undertaken in the spirit of service. The rest must go.

Agnihotra and the way in which it propels those who do it into more intense practice of the rest of the Fivefold Path – which is common to all religions, psychologies, growth techniques – is indeed a gift. Need we look this gift horse in the mouth? Aren't we getting close enough to being fed up with the poor excuse for a planet that we call our home that man and his technology has created through atmospheric pollution? Aren't we finally willing to raise our heads from the sand and take responsibility for our physical, mental, emotional and spiritual well-being? Aren't we aware that the time is now to do what is necessary to protect ourselves and our loved ones from the ecological nightmare that is upon us and which is manifesting daily in the form of increased frequency of natural disasters, increased lunacy as shown by crime figures, new and virulent forms of disease which are baffling and handcuffing the scientific establishments, levels of *stress* so thick they hang like smog over our lives nearly all the time? In short, haven't we reached the pits of frustration, depression, confusion and thus find ourselves ready to get out, to do what is necessary to make life what our inner beings tell us life can be? (That *Satsang* has repeatedly warned us of this ecological nightmare for the past 12½ years is another matter, though not unrelated, of course. That *Satsang* has shown in often vivid, minute details what was to come, especially its last 9½ years of published material is a good record to confirm this statement.)

Though it may be difficult for some to believe, we have been told by those who know that the Kingdom of Heaven is near at hand. The process of purification which is to usher in this period may be intense as purifications often are. With Agnihotra we are given the help we need to withstand and rise above the difficulties. With Agnihotra we are given a tool with which we can forge our minds into instruments of love and service. With Agnihotra we are given a way out. Agnihotra is a scientific material aid to heal the mind and get rid of thought pollution patterns.

US Satsang, Vol. XIII, No. 19 Feb. 20, 1986

Correspondence with International Homa Therapy Research Institute Shivapuri, Akalkot Dist Solapur 413 216 India

To
Prof S. G. Mulay
International Homa Therapy
Research Institute
Shivapuri, Akalkot
Dist Solapur, Maharashtra 413 216

Dear Sir,

I reliably understand that you are treating patients through HOMA Therapy.

I am suffering from 'Osteo Arthritis' at left knee and hip.

I am interested in undergoing the said therapy provided it has previously shown good results in such illness.

I shall be obliged if you would let me know further details regarding this therapy.

Thanking you.

Yours faithfully,

Bombay
March 21st 1986

Reply to the above letter

Dear Sir,

Thanks for your letter dated March 21st and noted the contents. Learnt that you suffer from Osteo Arthritis at left knee and hip and that you are eager to know about HOMA Therapy. However your condition of 'provided it has previously shown good results in such illness' is not acceptable. We know there are scores of cases of different types of Arthritis when exposed to Homa Therapy have shown tremendous improvement in a short spell of time. You know disease does not come all of a sudden so it does not go all of a sudden. It has its own timetable. To cure an ailment needs much healing energy which normally one should get from proper diet, proper exercises and proper rest. One should also be mindful in spending the conserved energy. We lose much energy due to negative thinking and ambivalence. You have to engineer all out attack on the physical and mental disfunctioning and malfunctioning. You have to do all by yourself. Hence remedy lies in your own conscious and sustained efforts. All this you have to do in Homa atmosphere. The first and basic Homa in Homa Therapy is Agnihotra which you must practice meticulously at sunrise and sunset everyday wherever you are at that time. This itself is the medicine and a great healing factor in your illness. I am enclosing herewith one small booklet in English which throws much light on the practice of Homa Therapy. If you are interested please go through it and let me know your intention of practicing Homa Therapy by yourself for your own benefit.

With love and kindest regards for having written to me.

Yours sincerely,
Prof. (Dr.) S. G. Mulay
Homa Therapist

April 5, 1986

Dear Sir,

Greetings!

Thanks for your letter dated March 24, 86 and noted the contents. Also learnt that Noni Ford, a Psycho Therapist in USA had replied your first letter and did not reply second letter.

You say that you are able to practice Agnihotra only when you are in... say for about 10 days in a month and the rest of the days you are on tour.

You say your problem is weak memory, poor self confidence, poor mentle faculty and imotional outbursts in the form of depression and excitement. You are diagnozed as a patient suffering from Schizophrenia.

I would like to bring to your notice that if things continue as they are for some more time, I am afraid, you may lose your job and you know how difficult it is to get one especially in an advanced age! Your mental problems coupled with financial problems would make the things more complicated. No one would help you in such condition. No friends no relatives. The only way out of this is PRACTICE OF AGNIHOTRA AT MORNING SUNRISE AND AT EVENING SUNSET REGULARLY wherever you are on tour. To carry the copper pyramid and supplies is not a problem, people in west are doing it every day. They are able to practice Agnihotra even in parks, roadside, airports etc. Why not then you? For your emotional outbursts you should be careful during Full Moon and No Moon days. At these junction times much depressional effect is caused due to the pull of the Moon on the Earth and people having weak mind quickly fall prey. You should do more meditation and try to perform OM TRYAMBAKAM Yajnya at least for one hour in the morning and one hour in the evening besides practicing Agnihotra. Please try. I know and am sure you can and you will. Just do it. Don't think whether you can do it or not. Thinking saps much mind energy and takes away self confidence. Scores of people like you have been benefitted then why not you?

Rest OK. With Love.

Yours sincerely
Prof (Dr) S. G. Mulay
HOMA THERAPIST

April 5, 1986

Fivefold Path for Happy Life Pattern

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1. Perform AGNIHOTRA for purification of the atmosphere which leads to automatic purification of the mind.
2. Practice DAAN (sharing of assets in a spirit of humility to reduce attachment to worldly possessions.)
3. Practice TAPA (Becoming better managers of your energy expenditure by training the body and mind to work in the direction of Total LOVE.)
4. Perform KARMA (Every action for Self purification only and thus no expectations which bind us to material world.)
5. Practice SWADHYAYA (Self-study) for Liberation. Who am I? What am I here for? My work on this planet is to learn to react with total LOVE to each circumstance.

This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community etc.

Bharatiya
Satsang

MAY 1986 NEW ERA VOL NO. VI NO. 12

HOMA THERAPY IN THE LAND OF INCAS

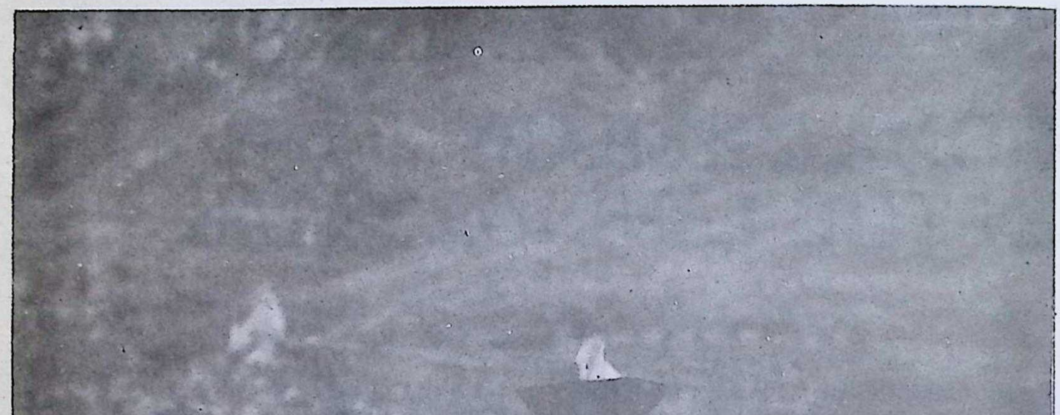
Vasant was in Peru for 9 days from Dec. 16th till December 24th, 1985. This was his second trip to Peru in 1985. During his several trips to Peru in previous years he visited different cities to give the message of Fivefold Path which begins with atmospheric purification through Agnihotra process. In his last trip however he was mainly in Lima, the capital of this ancient land.

Mr. Willy Hartmann, Fernando Marino and Vicky Susano met him at the airport when he arrived from Jamaica. Vasant gave a workshop on the Fivefold Path at Centro Naturista Atman run by Dr. Jose Perez Arbelo, Victor and others. Dr. Cipriani arranged a meeting at the Grand Fraternity Universal in Lima where the teachings of Agnihotra healing were received with great enthusiasm. Agnihotra heals the mind, the body and also gives nutrition to plant life. Mrs. Vicky Susano translated for Vasant. Since the beginning of 1985 people in Lima wanting to learn Agnihotra had been coming to Willy Hartmann and also to Vicky and Fernando's residence where all Agnihotra supplies are readily available. (For information you may call Hartmann at Lima 280136.)

Maria Luz Cuba Gonzales arranged Vasant's visit to a farm near Pachacamac to seek his x advice regarding setting up a HOMA healing centre.

I visited Peru in the last week of March on my way back from Brazil to continue the good work of atmospheric purification.

[us Satsang, vol. XIV, No. 1 May 15, 1986]



Agnihotra in Machu Picchu, Peru

BRAZIL, 1986 HOMA THERAPY TOUR

by Michael Billian
USA

Paz Victoria Rodrigues and her husband Cesar have been doing a lot of pioneering work in Brazil to share the knowledge of HOMA Therapy to heal the planet and usher in a New Age, the Age of Superscience. For three years they have been working mainly in and around the Sao Paulo area and now the family has shifted to Brazilla, the new capitol of Brazil. Dr. Chauki Zaher, a dentist from Sao Paulo who met Vasant in Santiago, Chile a few years back, offered his piece of land in the mountains near Pauso Alto in the state of Minas Geralis to Paz Victoria. This land could be developed as a HOMA retreat especially oriented towards children of the New Age. Sister Julia Martinez, who was trained at the HOMA healing center in the Valle de Elqui, Chile, stayed in this mountain area and put in a lot of hard work as her service to spread the message of TOTAL LOVE through HOMA healing fires. She lived in a simple hut in the cool mountain area bearing with all the physical discomforts. Her devotion to the Jesus' message of "LOVE THY NEIGHBOR" kept her inner light shining and she was like a refuge to many.. Recently she moved back to Chile, her native country.

Vasant arrived at Sao Paulo in Brazil from Santiago, Chile on the evening of March 22 and landed at Viracopos International Airport, which is about one hundred kilometers from Sao Paulo. Jane de Angelis and Mario Fiorentino met Vasant at the airport and they drove straight to Janes residence on Avenue Itu. Vasant reached just about in time to address a meeting scheduled at Jane's apartment at 10:30 pm. The Meeting was arranged by Paz Victoria who had specially come from Brasilia to meet Vasant in Sao Paulo

Vasant shared with the people the latest development in South America regarding the spreading of HOMA Therapy. Vasant said *"The message of LOVE is given to the atmosphere by Shree. The message percolated and the atmosphere is saturated with it. Hence it impinges on the mind of the people. This is how the Kingdom of Heaven will be ushered in despite so much destruction which is expected now.*

"Many miracle healings are reported from Chile. When we do not understand the laws of nature behind a phenomenon or experience the law of nature we call it a miracle. Once the law is understood, it is no more a miracle. HOMA Therapy farming and HOMA Therapy healing is

---

governed by laws of energy manipulation with which modern science is not yet familiar."

On March 23, a public meeting was arranged at the Fit Center Pyramid building. Professor Peter Flug has encouraged people who wish to meditate to share Agnihotra Fire once a week in this building.

Before the meeting began, a marriage was performed with purificatory Vedic fire. Nelson Alves Nunes Da Silva and Cristina Luiza Pietro Soares got married under the pyramid. Vasant spoke on all aspects of the Fivefold Path. Irma Hildebrant translated into Portuguese.

March 24
Vasant gave a workshop on Fivefold Path at Claudio Duarte's Escola Yoga Classio which was largely attended.

March 25.
At 8 p.m. Vasant gave a talk on the urgency of spreading HOMA fires to heal the planet which is in doldrums. The talk was held at Escola Centro de Estudos Paracelso.

March 26
Milton Aizemberg and Rosangela de Castro are the Directors of CORPO Institute. Vasant gave a talk on HOMA healing fires and next day a group connected with the Institute came Jane's apartment to meet Vasant for an in depth focus on HOMA Therapy.

Next day was spent in personal interviews.

Vasant asked me to visit Pauso Alto near San Laurencio and share my knowledge of HOMA gardening with the people who are building the mountain retreat.

Maria de Lourdes PINTO Fernandes (Malu) and Jane de Angelis assisted by Irma Hildebrant continue to help the large number of people who have begun the practice of Agnohotra and who are on the waiting list to learn more about the Fivefold Path. All copper pyramids mailed here from the U.S.A. and Europe were taken by the people and others wait for an air consighnment from Europe.

Vasant suggested that people in Brazil should think in terms of manufacturing their own pyramids as the demand for them will soon be very large.

(U.S.Satsang, vol. XIV, No. 1, May 15, 1986)

AGNIHOTRA PSYCHOTRONIC RESEARCH UPDATE

Jerry Hodges

In a previous article we mentioned a planned experiment in which the Cosmic Pipe and Genuine Hieronymus Analyzer would be used to determine the effect of Agnihotra.

For those not unfamiliar with the Cosmic Pipe, we note the following:

Some years ago, Dr. T. Galen Hieronymus *of Advanced Sciences Research & Development Corporation (ASR&D),* in an experiment with plants, determined that energies emanating from the sun and solar range could be directed over wires to plants in total darkness. The plants grew as though they were outside in a normal atmosphere.

Because of his concern for the farmer and food supply for the planet, Dr. Hieronymus invented the Cosmic Pipe. Simply stated, Dr. Hieronymus indicates that concentrated energies from the sun and solar range are no longer able to reach the surface of Earth because of severely polluted atmosphere. The resulting condition is one of crop failures, reduced quality and quantities of food and hence, the development of the Cosmic Pipe.

The pipe when installed, is inserted in the soil so that the top is six feet above the surface. In the head of the pipe is a device to gather those energies that do manage to filter through the atmosphere. From this point, the collected cosmic energies go through an amplifying device. These intensified energies are then broadcast through the base of the pipe into the soil structure.

Mr. Mark Moeller, a premiere psychotronic researcher in the United States and blueberry farmer from Arkansas, did an experiment to determine any significant changes of energies at sunsrise. One morning in December, 1985, just before sunrise, he ran a wire from the Cosmic Pipe into a jug of neutralized distilled water. (Note that, psychtronically speaking, neutralized distilled water would have a very low, if any general vitality measurement.) A short time later, Mr. Moeller measured the general vitality of the water using a Genuine Hieronymus Analyzer. He was astonished to find the measurement in the millions. From this Mr. Moeller suggested an experiment to be conducted at the laboratories of ASR&D in Lakemount, Georgia using Agnihotra.

At a special conference for ASR&D Associate Researchers from around the United States held during the week of

February 26, 1986, with approximately eight research associates and Dr. Sarah Hieronymus present, the same experiment was conducted outside ASR&D laboratories, only this time Agnihotra was performed. Again,. the results were astounding. The resulting energy level of the neutralized distilled water was so high that it couldn't be measured. Some drank the water and reported various exhilarating experiences.

In a letter from Mr. Moeller in Arkansas, dated March 24, 1986, he states

"to see if the after effect would be the same (without performace of Agnihotra) I drank it also. The high wasn't as high and didn't last as long as the one with Agnihotra. From all this, if you want to get high, drink Agnihotra (charged water),. It has no hangover and lasts for days."

Another note from Mr. Moeller's correspondence pertains to the use of Agnihotra Ash

"I again used Agnihotra Ash in the Beam Projector to keep a killing frost off my berries-it worked again this year." (Satsang perviously reported last year's noted experiment by Mr Moeller in Vol 13 No. 5, July 18, 1985.)

We applaud those courageous researchers such as the Hieronymuses, Moellers and others who willingly and consistently step into the intellectually unknown, to Light the way.

(U.S.Satsang, vol. XIV, No. 1, May 15, 1986)

Need of the Hour

Dr. M.M. Bhangra Bombay

"Nations have passed away, and left no traces, And history gives the naked cause of it. One single, simple reason in all cases, They fell because their people were not fit."

(Rudyard Kipling)

"Ill fares the land
To hastening ills a prey,
Where wealth accumulates
And men decay."

(Oliver Goldsmith)

In an article titled 'Man's Best Medicine' Dr. Paul Dudley White, a famous Cardiologist and Physician to Presidents of the U.S.A., says.

"Vigorous sport often renders laxative medicine quite unnecessary. And a long brisk walk in the evening may help more to induce sleep than any medicine, drink or television show."

"—a five-mile walk will do more good to an unhappy but healthy adult than all the medicine and psychology in the world."

"An intense mental worker needs exercise to keep his mind clear. Mental concentration should be alternated with exercise or even accompanied by it, as was the custom of the peripatetic philosophers of ancient Greece. They had doubtless discovered that their minds were clearer when they kept moving to bring more blood to the head and more oxygen to the blood."

"In the case of someone who has had coronary thrombosis but who is free of its symptoms, exercise is usually an important part of the treatment. Even where the symptoms exist, some sort of exercise is generally advisable, if only short walks, light gardening or deep breathing."

"...It is important for us, at all ages, to be more than spectators of sports. We should expand our activity beyond that of getting into and out of cars, buses, trains and planes. A return to the use of our legs is highly recommended."

Speaking in the same vein as Dr. White, the American Medical Association's magazine "Today's Health" says.

"Many doctors have recommended running in small dosages-like pinch of salt-as one method of recovery for patients suffering from heart disease. In novel experiment conducted at a heart sanitorium, one group of patients was allowed to walk and climb a hill every day. A second group was permitted little physical activity. In a year's time, the active heart patients had suffered 70 percent fewer casualties."

Not ony Dr. White, but also all the discerning physicians are agreed that as ***"Exercise is a master conditioner for the healthy and a major therapy for the ill."*** From the simplest cold to the fell disease cancer, many states of ill-health can be prevented by a judicious practice of exercise Some conditions can even be cured by exercise. We must insist on exercising every day as much as we insist on eating every day.

It is said that physical fitness is the need of the hour In fact it is the need of all hours and for all of us. The reason is that 'homo sapiens' has become more and more 'homo sedentarius' with the passage of time.

In all human endeavour, efficiency is an essential requisite, and efficiency includes physical efficiency. Physical efficiency depends upon physical fitness. A best-seller on this subject points out that whereas efficiency of an electric motor of the best make is 80 percent and of a steam turbine 40 percent, that of the average human body is only 16 to 27 percent This, however, can be improved upto 55 percent by regular exercise. The manual also points out that the heart has to do unnecesssary extra work when a person is not fit. For example, if a healthy heart at rest beats 50 times, the unhealthy one beats 70 times; if the same healthy heart beats 88 times in climbing stairs, the unhealthy heart beats 155 times.

Physical fitness is a twenty-four-hour job. What, when and how you eat, what work you do, how much and how you rest and sleep, how you manage your emotions, how you hold your posture in walking and sitting; what outlook you have on life, all these reflect in physical fitness or lack of it. Here we shall confine our attention to the most important condition for fitness, and that is physical exercise.

Research has shown that people who exercise regularly have a death rate lower than average Regular exercise also prevents mental slumps in the middle aged. And talking of middle-aged, it is worth noting that the inactive person's physique reaches 'middle-age' physiologically at about 26, and not after 38 or 40, as should commonly occurr.

For attaining the same of physical fitness, one requires 45 minutes or more of a varied programme of exercise. Few, however, have the time or the inclination for a lengthy schedule of exercise; hence we have planned a programme that takes just ten minutes of your busy day. Apart from this short spell of exercise, if you take care to walk at all opportunities, to climb stairs instead of using lifts, to be on your feet rather than your seat as often as possible, and to stretch the abdominal and back muscles whenever you can, a degree of fitness will be achieved in no time. There is something like physical morality, you must remember. There is a physical 'dharma', which depends upon good bodily habits of which regular exercise is one.

THE EXERCISES

SKIPPING

First on our list is the well-known skipping (Fig. 1). This exercise which can be done without a rope also, when it looks like short hops, is a good leg exercise; but it is more an exercise for the heart and lungs than muscles of the legs. Slow deep breathing is important while skipping. Feet can be moved in a number of different ways to work different muscle groups in thighs and legs and hips this will also prevent monotony. Stationery running can also be practised instead of the regfular hops of skipping. This exercise should be done for two minutes, but if breathlessness occurs before that period a pause may be taken for a few seconds. For the novice initially half a minute of jumping will suffice.

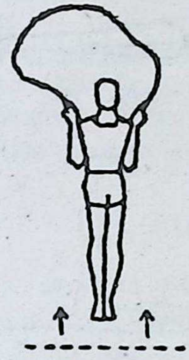


Fig. 1

LEG-RAISE

The second exercise is the wellknown leg-raise lying on the back. It is a good exercise for the abdominals; good for reducing fat from lower tummy, getting rid of the paunch, correcting the fall of viscera, and moving the bowels more effficiently. Here, one lies on the back on a firm horizontal surface, arms by sides, legs together and knees straight (Fig. 2).

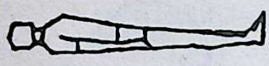


Fig. 2

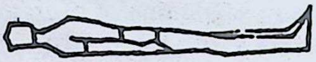


Fig. 3

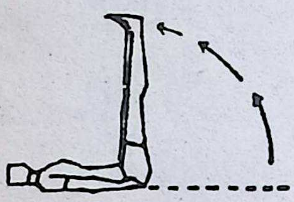


Fig. 2a

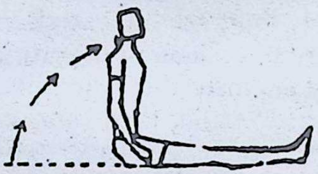


Fig. 3a

Then, without bending the knees, legs are lifted straight upto a right angle position (Fig. 2a). Both the raising and the lowering of the legs are done slowly. Breath is taken in while in the relaxed lying position; it is expelled while lifting the legs; while lowering the legs neither inhalation nor exhalation is done. This breathing principle is important and should be learnt well. You may start with 3 to 5 reps, and gradually increase to 15 or more. 15 repetitions should not take more than two minutes.

SIT-UPS

Another important abdominal exercise is sit-ups. Starting position is as of the leg-raise (Fig. 3). From the lying position, you gradually curl up to the sitting position (Fig. 3a). Inhalation, as in the previous exercise, is done in the lying position, exhalation while sitting up. This exercise works more the upper abdomen, and helps overcome gastric, pancreatic and liver troubles. For fatulence, indigestion and diabetes, it is excellent. 15 repetitions require only one without pinning the feet under a heavy object. The benefit is more however, if the exercise is done without pinning down the ankles.

'DUND'

The next exercise in our programme is for the upper body. A good composite exercise which works the muscles of the arms, chest, back, and abdomen is the wellknown Indian exercise, 'dund'. It is derived from the oldest exercise known

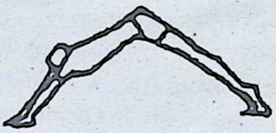


Fig. 4

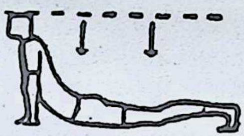


Fig. 4a

to mankind, viz., the 'surya namaskar', but unlike the 'namaskar', in 'dund' one remains all the time on 'all fours'. The body is drawn backwards initially, till the hips reach the highest point; this is the starting position. Then the head travels slowly down in the direction of the arms, and after the nose has reached floor level, in a smooth continuous movement, gradually the chin and then the chest are also brought to the same low level; then the upward journey of the head and trunk continues in an arch till the final position of the exercise which resembles 'bhujangasan'. Inhalation is done in the starting position, and exhalation during the movement. This is difficult exercise for the uninitiated. One should start with 3 to 5 repetitions only, and to make it easy, the exercise can be done with hands placed on a higher level than feet. Once mastered, however, the normal version of it should be done for 12 repetitions; time required is two minutes only.

SQUATS

The last on our program is the squats-the-kneebending exercise in which the heels are not raised. Standing with feet slightly apart and toes pointing forward, sit down to the lowest possible position while exhaling; inhalation is done while coming up. The spine is kept as straight as possible and even the forward bending from hips is restricted, both while going down and rising up. In the final position, the hips are very near the floor. In just one minute, you can do upto 20 repetitions of the squats.

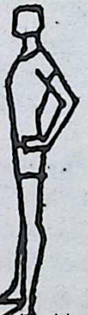


Fig. 5

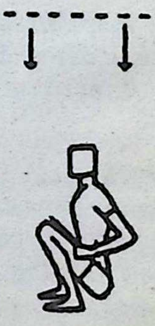


Fig. 5a

Like skipping, squats will induce deeper and quicker breathing; this is the time deep breathing exercise will do the most good. Lie or sit comfortably and inhale slowly to the full capacity of the lungs, and then exhale equally completely till it seems no more air can be forced out of the lungs. This may be done 15 to 20 times while relaxing with newspaper or a book. No extra time is needed for this.

For the whole schedule of five exercises, time taken is only 8 minutes 30 seconds. Another minute or so will be needed for 'breather' between exercise; hence the whole programme will not require more than ten minutes. Of course, it is to be reiterated that if these exercises can be done more repetitions, so that the program requires 40 instead of 10 minutes, the benefit will be greater.

"Count that day as lost,
whose low descending sun,
Sees your exercise still not done."
(Bob Hoffman)

This article by Dr. M. M. Bhamgara is a compilation from two seperate articles by him, a public service of the Health Science Trust, the Nature Cure Clinic of Dr. Bhamgara Bombay-4, India

(US Satsang, vol. XIII, No. 24, May 1, 1986)

HOMA THERAPY IN BOGOTA, COLOMBIA, SOUTH AMERICA

Adriana Acosta

On the last day before returning to Colombia from U.S., my husband Robert received a call from Vasant. Vasant felt it was very important he should visit Colombia as there was a special mission to accomplish there. This was October 30, 1985 Only a week later the takeover at our Palace of Justice took place during which all the Supreme Court judges and a total of 80 people died. Four days later Vasant arrived in Bogota from Santo Domingo (Dominican Republic).

The next morning we did sunrise Agnihotra in our house and at sunset Agnihotra many people attended and heard a talk on the importance of daily Agnihotra. The idea was discussed of finding some land to develop a healing center. Vasant had had a revelation about the necessity of establishing such a center here to heal the atmosphere.

Everyone listened with much interest to the concise explanations and there grew amongest us a common aim-to locate this healing place. Our audience was mostly naturalist healers, members of a homeopathy school, acupuncturists and allopathic doctors. All different spiritual groups were represented here too. That Tuesday night many people spent the night in our house eager for experiencing the healing effects of morning Agnihotra pyramid fire

Vasant spent nearly all the next day giving persoal interviews and many people who had small farms came to offer their land or to hear more about this humanistic healing project. That night the "Nevado Del Ruiz" volcano exploded melting its snows and causing a gigantic flood of mud, stones and lava. This caught a whole city by surprise in its sleep and with the force of a mighty river, the city was totally swept away causing the worst disaster in Colombia. Today, three days later, the number of victims is about 25,000 buried under the mud. Morning Agnihotra relieved our sleepless night. Grotesque description of the disaster were heard through out the entire day.

All this had been told to us during Vasant's first visit 2½ years earlier and now it was a reality: "Human beings dying like cats and dogs.". : . Somehow in the midst of this tragedy we felt comfort in our daily practice of Agnihotra and Om Tryambakam healing fires.
It was very busy after this. Vasant went to several farms to talk with people living there and explaining the atmospheric healing theory of Homa fires. There was

something very interesting. The natural disaster and the possibility of effecting a healing change brought about a different perspective in our minds about our future. Many laid aside future plans for more immediate ones relating to healing and helping others.

There was tremendous thirst for knowledge and Vasant was our living source. With all his love, he listened to so many people coming at all hours and always comforted and pointed the way back to our hearts.

The last evening we had no room for more people and there was no place for the several to attend. We did 'Om Tryambakam Homa' for four hours before Agnihotra. During Agnihotra the main newsman from our national television was present (without cameras) as he wanted to participate in the process and benefit from it. Next week he is scheduled to come with his crew to make a special program during evening Agnihotra.

There were many children also during all the Homas and of course they felt very attracted to Vasant's love and of the healing flame. Among all the doctors one young woman who was experimenting with different healing techniques came every day. She got great confirmation that she was treading on the right path because her methods were complementary to Agnihotra practice and for her the use of this fire for therapeutic ends was very appropirate.

Another young man was looking for a tool to aid people and now he will devote his time to the study of preparation of natural foods and will use agnihotra daily.

Before retiring to bed on this last evening Vasant received an urgent phone call from a girl who was paralyzed and in a wheelchair. They brought her and even though the whole day had been continuously filled with work, Vasant prepared a special healing ceremony for her. He lighted the fire, sat on the floor in front of her and chanted healing Mantras for half an hour. It was beautiful to watch the transformation taking place in her face. From a tense, grim countenance, a very innocent smile and expression of relief and acceptance appeared in her eyes. She was enjoying this fully, her mind dropping all weight into the flme. When Agnihotra ash was applied between her eyes, she had an expression of joy I had never known her

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to have since her accident. She spent the night in our house and was the first person to wake for sunrise Agnihotra.

That morning a whole yoga school plus others totalling 50 people made a special effort to arrive for sunrise Agnihotra (as our house is on the outskirts of Bogota). Even though Vasant's flight was due to leave at 8 a.m., he took the time to explain Agnihotra and spoke of many things to come. He left leaving a very strong groupt ot practice Agnihotra in different parts of Bogota and the countryside.

We thank Vasant for his untiring work and for being here at such a crucial time for our country. We hope for his return when he can find the time as he is in demand all over the world for spreading the message of Agnihotra to the masses.

The following are some comments by some who were introduced to Agnihotra :

1) *Jesus* (manager of a food company) : " Great certitude is in the bottom of my heart that these teachings were real. Practice in itself gave my body and mind and external environment peace and harmony. During the day of practice I have noticed change of interior self manifested in sensation of happiness and peace. Clear thought and will to continue with my collaboration with this work is present."

2) "A doctor specializing in natural healing techniques mentioned hearing a high frequency sound in his brain during Agnihotra. He said this sound uplifted him into Bliss and he felt very light and healed after. Later he attended Agnihotra everyday."

3) *Ramon* (jeweler) : "Physically I felt the atmosphere of peace and tranquility. It takes you into spiritual peace. This has scientific explanation and not a mystic one. I think people need this as there is so much confusion, people need something physical and not something abstract for this connection with oneself."

4) *Luis* : "I have felt certain relaxation. It was very interesting to learn about farming without pesticides (i.e., HOMA THERAPY FARMING METHODS). I would like to practice it myself to observe its effects. It has good intentions."

(US Satsang, vol. XIII, NO. 24, May 1, 1986)

FOR YOUR HEALTH

Dr. M.M. Bhangra Bombay

Eat rightly of mostly uncooked salads and fresh fruits

Vegetarianism is good for you and the animals that are saved from slaughter.

Eat slowly. Chew thoroughly.

Avoid fried food, refined sugar and starch.

Restrict milk and milk products.

Avoid salt wherever possible. Put no salt in salads.

Drink little water.

Try to have your bodily requirement of water from raw salads and fruits.

Restrict the intake of creals and pulses.

Take sprouted legumes instead of pulses.

Exercise at least an hour daily. Breathlessness has to be induced at least three times in each exercise program! Of course this is assuming you do not have any heart or lung trouble which precludes heavy exercise.

Do Yoga ASANAS and PRANAYAMA Yoga breathing exercises). Learn all exercise from a teacher who pays you attention individually.

Relax! Let go of body and mind as often as possible.

Get in touch with the center of your being.

Be, more in heart than in head but descend from the heart too time and again to the point of 'zero'.

Contemplate on life, life in general, and your own life in particular.

Also stop all contemplation, once at least, every day.

Mediation sets you up so that you are not upset.

Meditation works more wonders than medication ever can.

It is more important to know what sort of man has a disease rather than what sort of disease a man has.

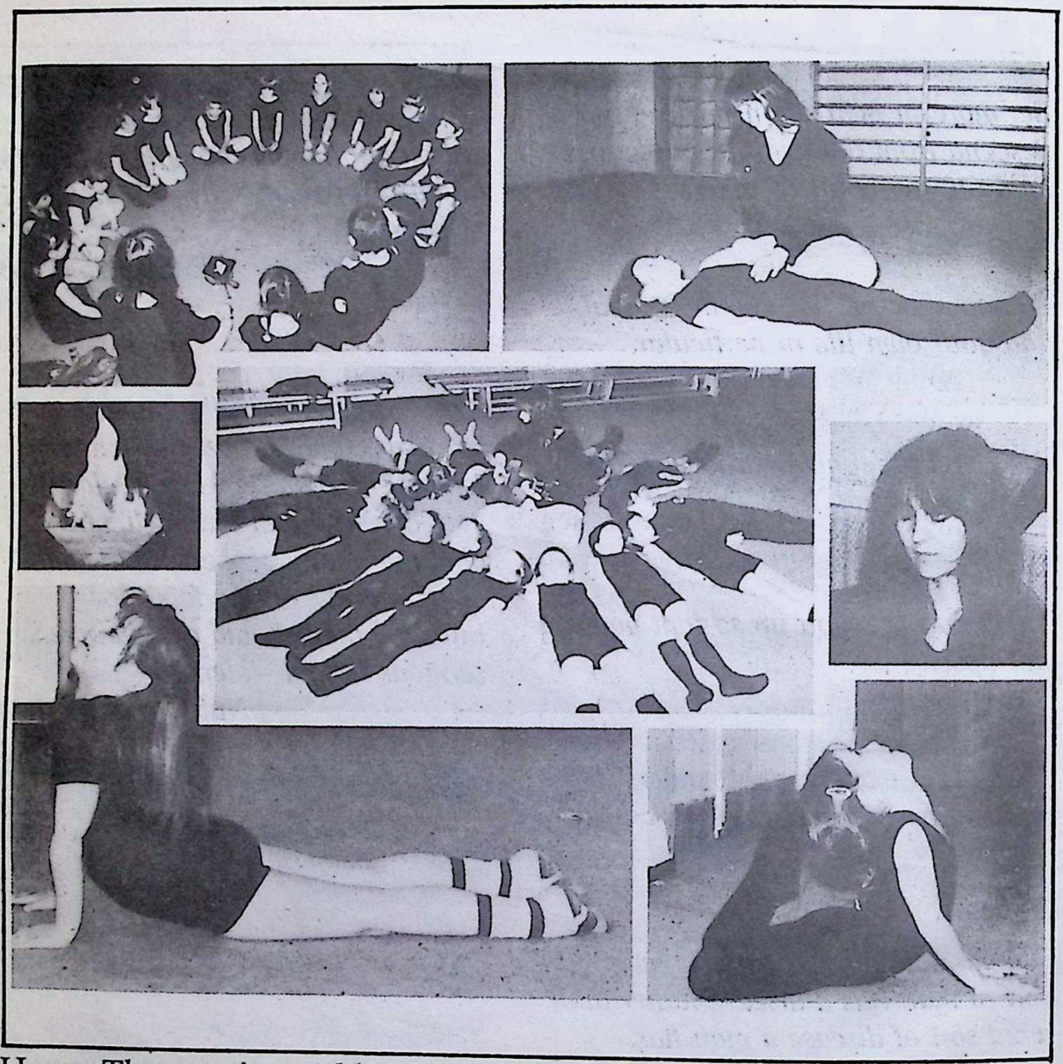
"Why proceed, year after year, searching, hoping, groping in vain for articificial remedy when the natural is at hand?"

Elmer Lee, Ph.D.

"You have seen 'bad' children, 'cranky' children, 'peevish' children, 'cruel' children, 'reckless' children, 'nervous' children and 'delinquent' children. Many of them, after a diet of six months on the food God intended they should eat, can preach sermons to their elders."

Nutritionist McCann

(US Satsang, vol. XIII, No. 24, May 1, 1986)



Homa Therapy is used by Sun in Graz, Austria as part of her Yoga and meditation classes for children.

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FROM VASANT'S CORRESPONDENCE

The family problem you have to deal with is not unexpected. We have to learn to deal with such situations only by rising higher, i.e., by training and transforming our mind. When you are caught in a thick forest and can not find your way out, you have two choices. Start cutting each tree to make a way or rise above it and have a better perspective.

All this situation is a conflict of desires and jealousies. You can never be happy by gratifying these desires or by feeding these jealousies which you find in a family. A gratified desire leads to hunger for more desires. A thwarted desire leads to anger. Thus either way your mind is in trouble. Do not expect that any member of the family will be presuaded to your views howsoever wise or otherwise they may be. You have to learn to be an example and then alone you can command true respect from other members of the family. You have no right to demand respect from them.

Do whatever nice effort you wish to make to get the apartment early. However, do not be disturbed if it is late in coming. You may make all the effort but if you say that you will be happy only and then only when you will be getting the apartment, it may not be wisdom. You have to learn to be happy wherever you are now. You have to say to yourself, "I try. However, HIS will be done." If you train your mind to be happy where you are, then the chances are you would be happy even when you get the apartment. This is absolutely certain.

The person who you think is the cause of your current trouble, treat that person as doing you a favour by being an instrument to open your eyes at a young age to let you know that hapiness can never be had by clinging to desires, to let you know that all life is misery. Only way to be happy is to smile. Give all your love to the person who you think is the cause of disturbance. Be humble. The effect will be immediate if you are sincere in your actions.

When one situation withers away, another one arises. All life is like this. To get over all these problems it is easier if you try to get into certain daily disciplines.

One has only to make a little effort in the right direction and automatically he is lifted.

Always be grateful for even a cup of water offered to you.

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As the world becomes more difficult and pressures become great due to pollution, every one suffers. Suffering becomes less when one turns the mind in the direction of LOVE. Through Agnihotra and the principles of 'LOVE THY NEIGHBOR' one can overcome and rise above these same pressures. Do all this with utmost sincerity. Now is the time.

You and your wife should begin scheduling your time each day. For example, do whatever housework is required in the morning so your afternoons and evenings are free. Be strict with yourself where time is concerned. Then you will find your housework becoming easier, your house becoming more organised and easily managed. Your and her time for office work, art, personal work will be properly utilised and as a result you will feel less burdened by all these responsibilities and duties. Then still you will find "free" time during which you can rest, relax, write letters, enjoy music. You will find that you will be more at peace with yourself and others when you are better organised. However do not expect to be organised overnight. Do not become frustrated by all these various responsibilities and needs. Attend to them with love. Do the discipline timings that many practice. Then automatically GRACE intervenes and your load becomes less and less. Do you understand?

Do not lump situations together and think some member of the family is the cause of these problems. Everyone is disturbed so we have to use intelligent modalities to deal with the situation. For this you must learn not to be disturbed under any situation. You must learn to give LOVE on all occasions.

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